

SPECIAL EDITION: 10<sup>TH</sup> ANNIVERSARY ISSUE

YOUR HEALTH & FITNESS  
**optimyz**

**TONE  
LIKE A  
TITAN**  
LADY ATLAS  
WORKOUT

**THE OPTIMYZ 100**  
*Canada's top health influencers*

**BEST OF THE BEST**  
*product guide as  
voted by readers*

**NICHELLE LAUS**  
TOP 100 FITNESS INFLUENCER  
TORONTO, ON

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INSIDE: A NEW CHAPTER



## WHAT TO BUY

The only health and wellness product guide you need!

There are few greater feelings in the world than being in the know. Consider the following pages your master plan to all things health and wellness for the next year. "What brand of shoe should I buy for running?" asks your friend. You'll know the answer. "What's the best energy bar?" asks another. No problem, *OptiMYZ* has got you covered. Prepare to be the expert.

This year's Best of the Best reader survey is chock-full of 58 of the very best products in six categories: Gear, personal care, nutrition, fitness, lifestyle and health. You'll save time and money. Don't forget to cut out the handy shopping list at the end to keep organized.



**TORONTO TRIATHLON FESTIVAL**



**TOUGH MUDDER**



**YOGA CLASS**



**P90X**

CANADIAN RUN

1 **Toronto Triathlon Festival**

Embedded in downtown Toronto, the TTF offers a unique urban experience, including an iconic bike course that passes well known Canadian landmarks (e.g., CN Tower, Rogers Centre, Air Canada Centre).  
[torontotriathlonfestival.com](http://torontotriathlonfestival.com)

- 2 **Victoria Goddess Run**
- 3 **Subaru Ironman Canada**

CANADIAN ADVENTURE SERIES

1 **Tough Mudder**

Founded in 2010 with the launch of the Tough Mudder event series of 10-12 mile obstacle courses, Tough Mudder Inc. has since grown to become a leading active lifestyle company.  
[toughmudder.com](http://toughmudder.com)

- 2 **Mud Hero City**
- 3 **Chase Group**

EXERCISE CLASS

1 **Yoga**

One of the most popular types of fitness class in Canada, Yoga comes in many different disciplines. Generally, a yoga class focuses on holding specific forms while maintaining breath control.

- 2 **Zumba**
- 3 **Kickboxing**

YOGA DISCIPLINE

1 **Bikram**

Bikram Yoga is focused on a sequence of 26 poses (asana) and two breathing exercises, practiced in a room heated to 105°F with a humidity of 40 percent for 90 minutes.  
[bikramyoga.com](http://bikramyoga.com)

- 2 **Power**
- 3 **Hatha**

FITNESS DVD

1 **P90X**

Developed by Beachbody Super Trainer Tony Horton, P90X® is a 90 day program that consists of 12 intense workouts including resistance training, cardio, plyometrics, martial arts and ab work.  
[beachbody.ca](http://beachbody.ca)

- 2 **Hip Hop Abs**
- 3 **Insanity**