

get-away **FIT FIX**

Get recharged in 2017 with these expert (and easy!) tips for achieving wellness this year

Achieving physical, mental and emotional fitness starts with your state of mind, says Catherine Roscoe Barr, BSc Neuroscience. We asked the Vancouver-based wellness coach (see below for her getaway retreats), personal trainer and fitness instructor what's the single-most important thing you can do to succeed in recharging your routine this year.

"Practise mindfulness," she says. "How do my thoughts, words and actions make me feel?" is one of the most constructive, empowering questions you can ask yourself. You always get a constructive, empowering answer, which significantly reduces unconsciously self-defeating actions and helps hardwire healthy habits."

Catherine's 3 smart tips for recharging:

1. MAKE TIME FOR MINI-WORKOUTS

"Every minute of exercise has a positive influence on health, happiness and productivity, so banish the all-or-nothing mentality and squeeze in strength, cardio and flexibility training wherever you can," says Roscoe Barr. Her fit fix: Complete three rounds of a three-exercise, one-minute-each, zero-equipment strength circuit (squats, rows and pushups) in less than 10 minutes. Do 50 jumping jacks next to your desk—or between patient appointments—in one minute every hour, or flow through half a dozen sun salutations in less than five minutes.

2. MEDITATE

"Greater presence, peace and connection, which affects all areas of wellness," are some of the top benefits of meditation, says Roscoe Barr. "Present moment awareness helps us be more mindful of our thoughts, words and actions—and therefore choose better ones—plus it allows us to be more focused and productive." Greater peace sends a signal of calm and safety to brain and body, reducing the negative impact of chronic stress responses. Start practising, a little at a time and using whatever helps, like apps or mala beads (see right).

3. SPLURGE ON SLEEP

Create non-negotiable morning and evening rituals to help you charge up and wind down, says Roscoe Barr. "Sleep is the time during which our brain and body repair themselves, so better sleeps mean improved self-healing, strength and vitality. Quality sleep also sets us up for success by keeping our appetite hormones balanced and boosting cognitive function." — J. G.

SIGN UP

Through her company, *The Life Delicious*, Catherine Roscoe Barr offers science-based luxury and weekend wellness retreats across Canada and beyond. For more info or to register go to thelifedelicious.ca.

VICTORIA, BC The Luxury Retreat at Fairmont Empress; February 17–19, 2017

LONDON, UK The Weekend Retreat at Westminster Physiotherapy & Pilates Centre; May 20–21, 2017

FIND YOUR BLISS

gear

DAILY RITUAL

Got 10 minutes a day for five days? That's all it takes to establish a meditation practice. And this compact kit from Vancouver-based Mala Collective offers all the essentials in a handwoven bamboo box, whether you're new to meditation or trying to reach the next level. Guided audio meditations and an e-book help underpin your practice with information such as the history of the characteristic string of 108 mala. The necklace is made with classic rudraksha beads that come from sustainably harvested seeds picked in Bali and knotted by local artisans. A happy buddha carved from mahogany offers joy, while a clear quartz crystal is said to help calm hyperactive

minds. Light the traditional-offering candle in its hand-hammered aluminum box and you're set to start manifesting inner peace and relaxation. **\$235, Mala Collective; malacollective.com** — J. G.



[JUST DO IT]
Catherine Roscoe Barr leads a stretch session during her Luxury Retreat.

#wellness goals

BOTTOM: MICHELLE ARDIEL