



**MOST WANTED
GEAR UP**
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tech goes next-level*
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NEW
CLASSICS**
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THE KIT

BRING IT ON

Here's your 2016 mantra: This year is going to be amazing. Kick it off right with our health and wellness special, including editor-tested workouts, resolution real talk and dreamy destination fitness
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TOMMY HILFINGER FALL 2015.
PHOTOGRAPHY: PETER STIGTER

"When my hair started falling out, I was really depressed."

Delving into the taboo subject of thinning hair in women

When 37-year-old Christina Maria Spain's hair began thinning, she was shocked. She had always had beautiful, thick, luscious hair, and to experience severely thinning hair was completely devastating. Christina says, "I was on a mission. I spent hours researching vitamins, minerals, different products."

"First, let me just say I'm MORE than thoroughly impressed with Viviscal®. Everywhere I go I'm informing anyone who looks like they may benefit from my little treasured secret. It's an amazing product that saved me from hating the way I looked and from feeling unbelievably self-conscious."

"I love my hair, I love Viviscal."



Christina Maria Spain

Before Viviscal



"I'm always looking for clinical data and science behind the product, and there are treatments that I recommend. So Viviscal is great that way, and I'm very satisfied with the data and with the difference I see in my patients."

Dr. Doris Day,
New York dermatologist



Actual Viviscal patient courtesy of Glynis Ablon, M.D., The Ablon Skin Institute (ASI) Research Center.

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Viviscal Man is also available in the Hair Regrowth Section at:





MOST WANTED Gear up

It's official: Athleisure is no longer just a trend but a way of life. (One recent study revealed that smartwatch sales are poised to outpace traditional watch sales by 2020.) The coolest way to embrace it is through tech-savvy accessories that are just as fashionable as they are functional. We're particular fans of the 18-karat-gold rings that send customized notifications when you get a message and sleek watches that can count steps, track healthy habits and even take phone calls. Welcome to 2016—it's time to join the tech party. —Michelle Bilodeau. Photography by Amber Hickson.

CLOCKWISE FROM LEFT: WINNERS WIRELESS ACTIVITY AND SLEEP TRACKER, \$30, WINNERS. RINGLY RING, \$270, ISTOREWORLD.COM. SAMSUNG GEAR S2 CLASSIC IN BLACK, \$430, BESTBUY.CA. GUESS CONNECT SMARTWATCH, \$479, GUESS.CA

FASHION STYLISH SPIRIT ANIMALS

On the heels of the fluffy footwear trend, we pair our top kicks with their critter counterparts



FUZZY GREY CAT
ALDO HEELS, \$80,
ALDOSHOES.COM



MOUNTAIN YAK
MAISON MARGIELA MULES,
\$575, SHOPBOP.COM



POODLE WITH
SCANDINAVIAN CLIP
SOPHIA WEBSTER HEELS, \$850,
DAVIDSFOOTWEAR.COM

ONE TO WATCH JUMP START

Wear great shoes; work out more. (That's science.)
Enter need-to-know line Athletic Propulsion Labs



Ask any sneaker-head about what they look for in shoes, and chances are that performance is high on the list. Such was the case for identical twins Adam and Ryan Goldston, college-basketball players, who developed the technology for their Los-Angeles-based sporty brand, Athletic Propulsion Labs (APL), in their University of Southern California dorm rooms in 2009. "We're not the tallest guys in the world, so we were always looking for anything that could give us an inch to improve our athleticism," explains Ryan. "There was really nothing that gave us that increase. So we spent four years trying to create a technology that can make someone jump higher." Using their patented invention, so good it was banned by the NBA, as a launch pad, the brothers have expanded their line into running and lifestyle. The signature two-tone woven kicks have attracted some famous fans, including the Kardashian family, who regularly sport—and Instagram—APL footwear. "Kim got a few pairs of the black and white TechLoom Pros, and all eyes are on Kim when she wears things," says Adam of the reality star, who consulted for the brand pre-launch. "From there, Khloé reached out to us, and then Kylie." Sounds like a kick-start to a runaway success. —Carly Ostroff



APL SNEAKERS, LEFT TO RIGHT: \$260, \$197, \$197,
ATHLETICPROPULSIONLABS.COM



High-flying heptathlete Brianne Theisen-Eaton killing it on and off the track.

FIVE MINUTES WITH GAME PLAN

Need January fitness inspo? (Us too.)
We talked goal-conquering tips with
Olympian Brianne Theisen-Eaton

Brianne Theisen-Eaton is currently ranked number one in the world in the heptathlon (which is made up of seven—seven!—track and field events), and she's one of Canada's brightest gold-medal hopefuls for the 2016 Rio Olympics. Here, Theisen-Eaton—a Saskatchewan native and the Canadian brand ambassador for Crest—tells us how she stays in stellar shape.

How does a heptathlon work?
"There are three running events: 100-metre hurdles, 200 metres and 800; two throwing: shot put and javelin; and two jumping: high jump and long jump. There are four events the first day and three the second day."

What's your training like?
"January to March is the heaviest training. I have two practices a day, six days a week, that can add up to six hours a day. Then there is off-the-track stuff like eating right, getting lots of sleep and massage therapy and physiotherapy. Everything I do is about maximizing my performance."

How do you fuel your body?
"As a speed power athlete, I'm really big on protein. Once I start winter training, my nutritionist is very big on more calories going in than what you burn because in order to gain muscle, you have to gain weight. Come spring, I get strict about what I eat for probably two months: absolutely no junk food, limited sauces, and I try not to drink my calories. It's tough for the first couple of weeks, but I get into the groove and don't even crave them anymore."

Do you have any tips for meeting goals?
"It's really difficult to work toward something that you're not passionate about. I love track and anything that will make me better at it—when I set track-related goals, they're easy to follow through with. There have been things in the past where I've thought, 'Oh, that's cool. I want to try that,' but I lose interest and that goal fades. When people say that their goal is to lose weight, I feel like you can't use looking better as the motivation to keep going. It has to be something deeper. Make it be about getting healthier rather than just looks. That always works for me."
—Natasha Bruno

ONLINE
UP YOUR FITNESS
AND WELLNESS GAME
AT THEKIT.CA/

SPOTLIGHT

Sporty style

Five big new names in fitness fashion, for whether you work out hard or not at all

BY CARLY OSTROFF

1. The Upside

It's the prints and logo tees that have made the Upside a favourite of Rosie Huntington-Whiteley, Hailey Baldwin and Candice Swanepoel. Taking a fashion-forward approach to fitness apparel, the sartorially sophisticated one-year-old Australian label can make even the laziest homebodies feel like gold medallists. Look to the Upside for luxury women's yoga and work-out-driven leggings, crop tops, tanks and sweatshirts in highly breathable fabrics.

THE UPSIDE, \$111-\$379, THEUPSIDESPORT.COM



2. Heroine Sport

Gone are the days of ratty tees as gym clothes. New-York-based designer Nima Taherzadeh is bringing a sense of luxury and innovation to his New York line. A favourite of fitness guru Jillian Michaels, the made-in-the-U.S.A. collection subscribes to a "we work out and like to show it off" philosophy. With its high-fashion sensibility and sporty attitude that transitions easily from gym to street, it has the superhuman style to help you do the same.

HEROINE SPORT, \$133-\$275, HEROINESPORT.COM



3. Strut This

Affordable isn't always a word used to talk about fitness apparel, but for L.A.- and Philadelphia-based designers and mother/daughter duos Cynthia and Aubrey Sieder and Barbra and Raquel Lessner it's a key one. The label has attracted a following for its reasonably priced tops, capris and sweats, which are designed for women of all ages. Its marble-print outfits may be the best-kept secret on the internet right now, but with word getting out, don't expect that to last long.

STRUT THIS, \$28-\$152, STRUT-THIS.COM

4. Outdoor Voices

In the case of Outdoor Voices, the new kids on the block are the cool kids on the block. Founded by Tyler Haney, the two-and-a-half-year-old label has quickly become the digital-first destination for colour-blocked leggings and bra tops, plus decidedly low-key sweat-shirts made of technical fabrics. And with a recent Man Repeller collaboration, funding from Paris brand A.P.C. and a pop-up in Nolita, this breakout label has earned the attention of Instagram fitness stars like Hannah Bronfman and Kayla Itsines.

OUTDOOR VOICES, \$71-\$422, OUTDOORVOICES.COM



5. Adidas by Stella McCartney

Two beloved fashion brands, Stella McCartney and Adidas, have been collaborating since 2004. Adidas by Stella McCartney, takes a luxe approach to high-performance fabrics. Narrow-cut print track pants and sporty tops move with the body, but more important, pieces like minimalist windbreakers and zip-up sweatshirts can be worn to any gym or on any day, as you pound the pavement.

ADIDAS BY STELLA MCCARTNEY, \$75-\$620, HOLT RENFREW





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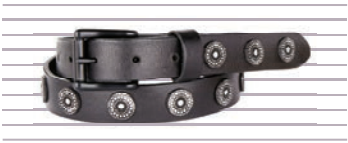
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NOW TRENDING

YOUR NEW WORK WARDROBE

Instantly upgrade your 9-to-5 look with these fresh runway-inspired fashion pieces

BY VANESSA TAYLOR



THE CLASSIC: The skinny belt
NEW TAKE: The knotted belt
SPOTTED AT: Chloé, Paul & Joe, Saint Laurent

Go big with your belt and tie the extra slack off to the side. Look for a matte finish in a black, charcoal or brown leather (rather than a glossy patent) and pair with a shirt-dress, tunic or dress shirt.

BRAVE BELT, \$142, BRAVELEATHER.COM



THE CLASSIC: The pencil skirt
NEW TAKE: The pleated skirt
SPOTTED AT: Salvatore Ferragamo, Balmain, Loewe

Pleats add a little kick to this office staple. Look for a high-waisted version that just brushes the knee, and pair with a slim-fitting turtle-neck and cropped blazer.

ZARA SKIRT, \$40, ZARA.COM



THE CLASSIC: The twin-set cardigan
NEW TAKE: The cropped knit
SPOTTED AT: Max Mara, Miu Miu

The goal for this trend is to shift the waist upward, rather than revealing any midriff. Look to shorter, boxier silhouettes in chunky knits and pair with a high-waisted trouser or skirt.

CLUB MONACO SWEATERS, \$140 EACH, CLUBMONACO.CA



THE CLASSIC: The statement necklace
NEW TAKE: The bold brooch
SPOTTED AT: Lanvin, Carven

Keep the focus up top, but swap the necklace for a brooch, with an anything-goes approach ranging from sculptured Lucite pieces to treasure-chest antiques.

ASOS BROOCH, \$27, ASOS.COM



THE CLASSIC: The slouchy tote
NEW TAKE: The dainty bag
SPOTTED AT: Gucci, Marc Jacobs

A giant carryall offers a certain practicality, sure, but for off-site meetings and après-work drinks, a structured handbag with a chic top handle aces the polished desk-to-dinner vibe.

FENDI BAG, \$2,720, NET-A-PORTER.COM

BODY

HOT MESS

Perspiration-prone whatever the season, **Marilisa Racco** investigates the phenomenon of stress sweat

I'm a sweater. Whether it's sunny or snowy, the chances are pretty great that my clothes are sticking to beads of perspiration that are trickling from my underarms and down the front of my chest. You don't even have to look at my body to know that I'm sweating because I've also been blessed with overactive facial glands, which means I often sport a moist, glistening moustache.

My sweat problem first reared its dampened head in early adolescence. At a ballet recital, I caused a few precious mothers to sway with horror when I raised my arms in a clumsy port de bras and revealed sweat-soaked pits and tiny dark hairs peeking out from my cap-sleeved leotard. A few years later, I learned the hard way that shvitzzy girls should steer clear of pale blue silk—a fact pointed out by my crush. By the time I got to university, I took to blurting out questions during lectures instead of raising my hand for fear of what might have pooled under my arms.

I tried to take precautionary measures: I dusted on talc after applying deodorant in the hopes that it would keep me drier; I wore T-shirts under my button-ups; and I kept a handkerchief in my pocket that I'd run across my brow and neck like a farmhand in the Deep South.

Eventually, I swapped out my deodorant for antiperspirant, and things got a little better. But it wasn't until I recently discovered the phenomenon of "stress sweat" that I was able to connect the droplets.

Unlike sweat caused by heat and activity, which comes from the eccrine glands, stress sweat is produced by the apocrine glands, which release an 4:1 ratio of water to lipids and proteins. "That high amount of protein is what acts as

food for the bacteria that naturally live on your skin," explains Katharine Bakes, a sweat scientist for Secret. "This in turn causes a spike in odour and makes stress sweat the worst-smelling type of sweat." Adding insult to injury, apocrine glands are largely concentrated in the underarms. (Or what I like to call the pits of despair.)

"I learned the hard way that shvitzzy girls should steer clear of pale blue silk—a fact pointed out by my crush."

While ballet recitals and awkward dates are perfect environments for fight-or-flight responses, what's interesting about stress sweat is that it can be activated in situations that don't fit the traditional mould. "Your day-to-day activities can trigger stress sweat in cases that you might not expect," says Bakes, whose research into this phenomenon has resulted in the brand's new Secret Clinical deodorants, which are meant to be applied at night. "We found some women to have higher sweat rates in a big work meeting than while exercising. For working moms, it can be higher at home than while they are in the office." One woman demonstrated a higher stress response while working on her wedding seating chart than in a meeting with her graduate school adviser.



Stress is already responsible for a host of charming effects: weight gain, elevated blood pressure, disrupted sleep. So, why sweat? "Research suggests that there's an evolutionary role in why we emit odours when we're stressed," Bakes explains. Imagine being chased by a prehistoric beast—smelling bad might help you to avoid getting eaten. As well, Bakes adds, it can "alert your friends to run."

In my experience, truer words have never been spoken.



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Youthfully yours,
Eden Boileau

REVERSA RADIANCE CREAM SPF 30, \$48, REVERSA.CA

THE KIT

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P R E S S RESET

Start the New Year with new products that promise youthful, glowing skin and healthy, hydrated hair



THE BALM

Made with reflective pearls to mimic a healthy glow when applied, this revolutionary balm wakes up and energizes skin over time thanks to lychee extract. **Bobbi Brown** Extra Illuminating Moisture Balm, \$76



LIGHTEN UP

Give your complexion a New Year's boost with a brightening lotion that promises a luminous, rejuvenated and youthful appearance. **EVE LOM** White Collection Brightening Lotion, \$92



PETAL POWER

For a winter weary complexion, Darphin's oil-to-cream formula envelops the skin in moisture, for radiant results. **Darphin** 8 Flower Nectar Oil Cream, \$145



TONE IT UP

Tata Harper's lightweight beauty essence uses alpha and beta hydroxy technology to tone, brighten and even out the complexion, leaving you with your best skin ever. **Tata Harper** Concentrated Brightening Essence, \$150



DOUBLE DUTY

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EXCLUSIVE

BRINGIN' IT BACK

Revisit your youth thanks to a multi-tasking moisture cream that delivers dewy, supple skin. **Shiseido** Bio Performance Glow Revival Cream, \$140



EYE DO

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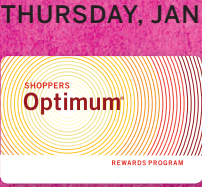
RAINBOW BRIGHT

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