

# New Year, Better You

Wellness experts weigh in on tips for a healthy and fit lifestyle

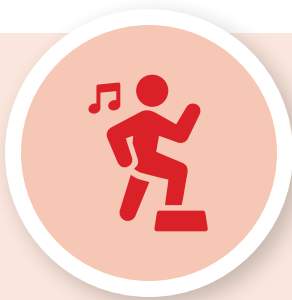
BY STACEY ZABLE

**W**ith the new year on the horizon, it's time to commit to taking care of you. A little bit of self-care can go a long way to achieving wellness for both body and mind. Here are some simple habits to start today:



## BEGIN WITH BALANCE

"Achieving a healthy and fit lifestyle involves a balanced approach to diet, exercise, mental well-being and sleep," says Christina Corral, director of fitness and outdoor sports for Canyon Ranch, an integrative health and wellness resort with multiple locations in the U.S. Corral adds that, for fitness, this means a diverse range of regimens including cardiovascular activities, strength training, and flexibility and balance exercises. "We also emphasize mind-body connection with meditative movement classes and breath work sessions," she says.



### KEEP IT SIMPLE

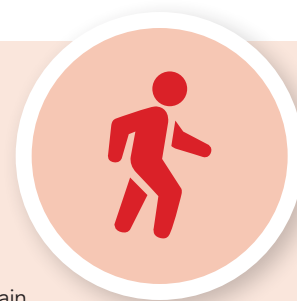
“Choose one thing to focus on, inside or out,” says Cindy Wasilewski, fitness director at The Lodge at Woodloch in Hawley, Pa. “Self-care doesn’t require major lifestyle changes — small consistent actions can have a big impact. Don’t try to do too much at one time. If your goal is to feel more energetic throughout your day, start your days with 22 wall pushups.”

Wasilewski recommends “playing your favorite energizing music to stay motivated” and doing the following workout, in addition to starting and ending your day with 22 wall pushups: 30-second wall sit, 22 squats, 22 cat/cow stretches and three minutes of focused breath work. “Simple and straightforward, but it will definitely get the blood pumping and the endorphins flowing,” she says.



### WALK IT OUT

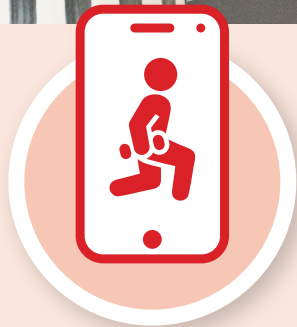
One “secret weapon to achieving a fit and healthy lifestyle” is walking, according to Katya Campbell, general manager and fitness director at Mountain Trek Health Reset Retreat, in Ainsworth Hot Springs, British Columbia. “Walking is one of the best ‘decongestants’ for the body. It helps to increase blood flow and reduces inflammation, which is the main driver of all the top cardio/metabolic diseases,” Campbell says. She suggests you “sneak in walking as much as you can. Walk to work a few days of the week, park a block away from the restaurant (or) take the stairs. Hit that 10,000-13,000 steps a day, and you’ll be amazed at how much less achy you feel, better you sleep and how much easier weight management is.”





### DOWNLOAD AN APP

Apps can help with everything from fitness to mental health. For home workouts, the TRX App allows you to filter by workout length, difficulty or target body area, says Shana Verstegen, a TRX senior master instructor in Madison, Wis. As for well-being, "Headspace is a great app for meditation, mindfulness, sleep and self-care tips to support your overall mental health," says Penny Kriel, corporate director of spa and wellness for the Salamander Collection, which has six properties in the U.S. and Jamaica.



## HOME GYM FITNESS MUST-HAVES

Virtual fitness classes or apps can help instruct and motivate you when working out at home. Christina Corral, director of fitness and outdoor sports for Canyon Ranch suggests incorporating these activities into your routine:

- ▶ Total body resistance (TRX) suspension training (which anchors to a door) for strength
- ▶ Dumbbells and resistance bands for muscle building
- ▶ Body-weight exercises like pushups and squats
- ▶ Treadmill (or outdoor walking or running) for cardiovascular health
- ▶ Pilates or yoga for flexibility and balance

