

Cancer will attack over 173,000 of us this year. It does not discriminate. It has taken our brothers and sisters, our mothers and fathers, our children and our friends. Cancer is relentless. But so are we. We are the Canadian Cancer Society and we are fighting back. We have more impact against more cancers in more communities than any other cancer charity in Canada, yet there is still so much more we need to do. Cancer threatens us all. But we reject cancer's attempts to strike the lives of so many Canadians. That's why we promise to do everything we can to prevent cancer. We promise to save lives. And we promise to empower, inform and support those living with this disease. We fight back by funding clinical trials and research into better treatments and cures. We educate and advocate. And we encourage Canadians to volunteer and donate. To some, the daffodil is just a flower. To us, it is a symbol of strength and courage, a symbol of life. It says we will not give up. It says we will fight back. It says we will beat cancer.

Are you ready to join the fight?



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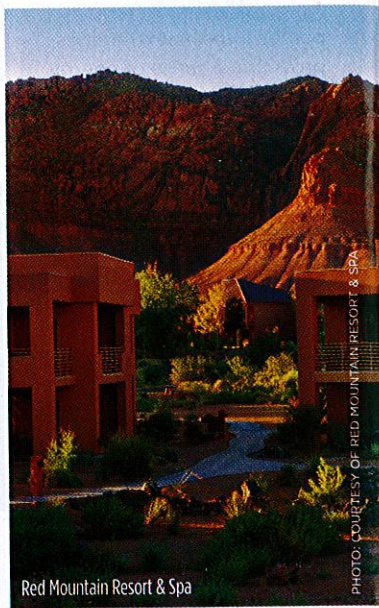
COMPASSION A PATH TO HEALTH

- AFFAIRS OF THE HEART
- THE HORMONAL DANCE
- FEAST NOT FAMINE

Sitara
Hewitt
living
with heart
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Native American ruins, or visiting the Slick Rock vortex, the adventure menu at the Red Mountain Resort & Spa in St. George, Utah, offers challenge and exploration for enthusiasts. The variety of outdoor activities rival the sumptuous, original spa treatments: the ultimate in pampering with indigenous desert botanicals, Utah honey, sacred herbs from the Native American Medicine Wheel and mineral rich muds, clays and salts. Enjoy a three-day respite, a month to re-establish your health or simply an adventure in the southwest's back country. Tantalize yourself with a buffet breakfast or gourmet dinner. The communal table allows you to share tales of your daily adventure. Enjoy the spacious solace of single rooms or up to 1700 sq. ft. family-style villas. A fully equipped gym offers plenty of guided classes. Experience Tai Chi and yoga on the red rocks looking into the vast blue skies while a gentle warm breeze brushes your face. Do as little or as much as you want here; the sky is the limit. Redmountainspa.com H&L



Red Mountain Resort & Spa

PHOTO: COURTESY OF RED MOUNTAIN RESORT & SPA

Take the gym home

BY CHERILEE GAROFANO, BA, CPT, CNP, RNCP

FITNESS GADGET WISH LIST

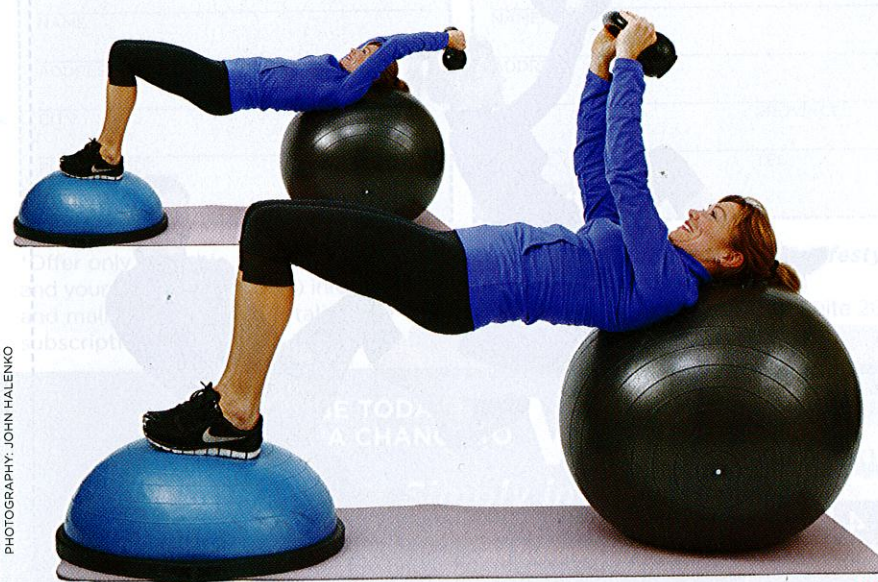
- **Yoga mat**, provides cushion and anti-slip surface. Thicker mats give more support
- **Hand weights**, start with 3 lb, 5 lb and 8 lb
- **BOSU**, for stability/balance training
- **Medicine ball**, for plyometric exercises and partner work
- **Swiss ball**, stability training, balance, and core work
- **Kettle bells**, provide functional full-body, core-targeting exercises; get training help for optimal use.

An at-home gym has numerous benefits, including the flexibility to train on your own schedule and no fees or travel time to the gym. The right equipment and exercises are keys to your success.

Equipment varies, depending on your exercise goals and fitness level. If the goal is to lose weight and get more definition, there's minimal investment. Start with body weight exercises and a yoga mat, and then add weights along with a few balancing tools like the stability ball and BOSU as you progress. Self-motivation is key, create a regular routine and be sure to have fun!

1 Swiss ball glute bridge with overhead lateral pull down

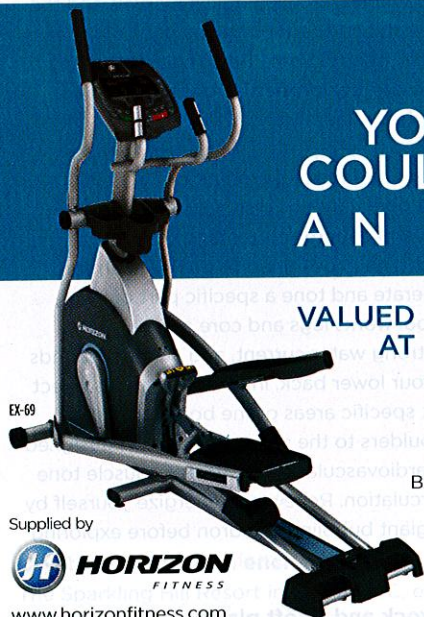
balance, core stability, full body
Lie with head and shoulders on ball surface. Place feet on BOSU for balance; hold hips high in bridge. Hold a kettle bell overhead, inhale, on the exhale pull down to chest. 2 sets of 15 reps.



PHOTOGRAPHY: JOHN HALENKO

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Contest rules and regulations specific to contest can be found online. Contest ends midnight (EST) February 28, 2011.