



Natalie Jakymyshyn teaches a variety of classes at De La Sol Yoga Studio in Hamilton, having been passionate about yoga for 12 years. Jakymyshyn is full of life, laughter and passion and strives to keep these important ingredients at the forefront of her practice and her teaching.

MIND, BODY & SOUL

WANT TO GET HEALTHY AND BE HAPPY IN 2014? ALLOW US TO OFFER SOME SUGGESTIONS.

WRITTEN BY ROB PEACE

“**S**hould old acquaintance be forgot...and never brought to mind...” — *Auld Lang Syne*, traditional New Years’ hymn.

Never mind old acquaintances (well, you can forget about them if you want to). The start of a new year is the chance to cast aside bothersome vices, harmful ways of thinking and embracing ways to become the best version of yourself. We don’t like to use the word resolutions — the word can tend to make one engage in some eye-rolling when considering the success rate of keeping them; in fact, within six months of the first of January more than 50 percent of people have dropped their resolution like a bad habit and have returned to the very thing they worked so hard to shake. Self-improvement is tough no matter what you’re looking to shape up, and the pressure of succeeding with your remedial prom-

ise to yourself can take its toll on you mentally and physically (and aren’t you looking to better yourself in those regards anyhow?). So we thought we’d give it a good month or so and offer not resolutions, but rather techniques and suggestions that you can incorporate into your life to make you feel better than ever in 2014. Some are utterly practical, some a little quirky and one even a tad racy (can having more sex improve your finances and make you happier? A new study seems to suggest as much...stay tuned!).

And as one of our interview subjects wisely reminds us, “The mind, body and soul are all connected.” So take a few moments and see if one of these ways to self-improvement connects with you. And don’t skip ahead to the sex piece — you can benefit from all of the following methods! Happy 2014...your best year yet!

Don't be a couch potato. Get fit!

Let's face it, there is always something else we could be doing. Taking care of your own health so that you are able to give to others is not self-indulgent, nor is it a luxury. At the very least, it's preventative maintenance for your body. So how can you get started and really stick with it? Consider these tips:

➤ **Habit.** In order to reap the benefits, exercise must become part of your routine, or it will not become a habit. You could view exercise as part of your personal care, like bathing or brushing your teeth — basic and non-negotiable!

➤ **Buddy up.** Enlist a friend, or join a class or group. Most of us are more motivated when we work out with other people.

➤ **Pace yourself.** As a general guide, you should be able to speak and perform an exercise with good technique — if you can't do either, you're over-working. Exercise does not have to be excruciating to be effective. A good workout should leave you feeling energized and relaxed!

➤ **Be specific.** 'Get in shape', 'lose weight' and 'tone up' are all too vague. Identify the actions you will take to get a specific result, then commit to it. If weight loss is your goal and you're obsessed with the

bathroom scales, it may seem a long upward battle. Instead, try shifting the focus from the scales to the increased energy and stress relief you get from each workout.

Here are a few suggestions to help you get started:

- wake up earlier and take a brisk walk around the block
- go for a walk on your lunch hour
- instead of sitting in front of the television for 30 minutes after dinner, take the family to the park or pool and play together
- hire a fitness trainer for one-on-one guidance

➤ **Have fun.** As children, 'play' was our exercise. When we grew up, playtime got crowded out by responsibilities. There are enough chores in life; exercise doesn't have to be another. Choose an activity that you enjoy, or at least can tolerate. If you like the activity, you're more likely to do it again, and you're on your way to a fitness habit (refer to #1).

COSMETIC SURGERY

In relative terms, it wasn't that long ago when your turning-back-the-clock options were limited to slapping a moisturizer on your face, watching your diet and, well, visiting your local alter and praying to the youth gods for vanished crow's feet the next morning. It's a different world now, where unrealistic ideas of beauty bombard us daily. That said, if you're desperate to regain your youthful, supple and smooth looks, you are spoiled for choice with options that will see more marked results than Oil of Olay. If your mirror is telling you that your jawline and neck are starting to droop, a rhytidectomy is your best bet (it's not as scary as it sounds — it's just your average facelift). Eyelid surgery can remove excess fat and skin from above your eyes and can even reduce drooping bags and puffiness. Likely popular in the new year will be liposuction to remove stubborn flab from anywhere on the body, and if your midsection is your main woe, a more minimal tummy tuck will reshape the area before swimsuit season revs back up (it doesn't feel like it now, but it's coming!). But if less invasive methods are more up your alley, read on.

NON-SURGICAL PROCEDURES

Had a little too much bubbly last year? Spent the last twelve months stressed by a pushy boss, relationship woes or kids who never give you a break? If life's stresses are taking a toll on your once-youthful visage, there are boundless non-invasive procedures that don't come anywhere close to going under the knife. Safe, non-surgical procedures are a quick and easy way to get back that glow in your skin and kick out the craggy, saggy wrinkles. And don't worry about people mistaking you for Joan Rivers. Dr. Nicholas Hynes from Lotus Cosmetic Surgery Centre and MediSpa on MacNab Street says that non-surgical procedures such as botox, cosmetic fillers or medical peels offer a natural, more youthful appearance rather than an obvious change. "Many patients choose to keep their treatments secret — they receive comments that they look less tired or more relaxed," he says. Still wary? All procedures have been fully approved by Health Canada, and millions of patients have enjoyed the positive results. Plus, consultations are carried out with Dr. Hynes beforehand to determine the goals of the patient and to review any medical issues. Convinced? Book your appointment soon, as the first few months of the year

are always the busiest. "When the New Year rolls around, people want to do something nice for themselves," Hynes says. "We offer a range of affordable yet luxurious treatments for both women and men who want a little refresher to make them feel better about themselves." Nothing like a new, youthful you to ring in a new year!

YOGA/LAUGHING YOGA

Chances are you have friends who go to yoga classes. They probably wax lyrical about how they've never felt better and that you should give it a try (you should.) Thankfully, the Hamilton and Burlington area is home to dozens of top quality yoga studios. In addition to yoga, there's also laughter yoga. Though not as well-known as its bigger yoga sister, this fun way to channel your inner child and forget (and even heal) all that ails you took root in Mumbai in 1995 with five people in a park and is now a worldwide craze with over 6,000 clubs in more than 60 countries. And you won't find any dolphin planking — laughter yoga is comprised of basic and sometimes silly physical exercises that anyone can do, inducing laughter among all participants in the room. Kathryn Kimmins first experienced laughter yoga in 2010 and became a certified teacher. "You don't have to wait until you're watching a funny movie to laugh," says Kimmins, who runs Laugh Yourself Healthy Laughter Yoga classes in Hamilton. "With laughter yoga, you're laughing anywhere from 30 seconds to a minute with exercises that get you laughing. When you laugh for one minute, you don't expend the same energy as with other cardiovascular activities. I can get up in the morning and laugh for a minute and feel like I've been power walking for ten." Kimmins runs seven classes a month and sees her clients range in age from three up to the elderly. "Even if you're engaging in fake laughter, your body doesn't know the difference," Kimmins says. "Because the mind, body and soul are all connected, all those things are triggered when you laugh. If you come to a class feeling depressed, the depression lifts. It just connects all the way through."

MEDITATION

State of serenity. Letting go. Embracing your inner light and peace. If none of these terms apply to you, you might want to look



“NATURAL MEDICINE PROVIDES A UNIQUE APPROACH TO HEALTH BY BLENDING GENTLE, EFFECTIVE TREATMENTS WITH CUSTOMIZED THERAPY THAT FOCUSES ON THE WHOLE PERSON — MIND, BODY AND SOUL.”

HEATHER EVANS, HOMEOPATHIC PHYSICIAN
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HAMMER CITY ROLLER GIRL HEZ DISPENSER #17

into the ancient practice of meditating. Often poo-pooed by our modern world of hustle and bustle, meditation really does provide a calm and tranquil way to wipe away the stress and heaviness that we all endure daily. It's not reserved for monks — it's a practical and sometimes even necessary practice that brings you closer to your inner peace and instills a greater understanding of yourself and the world around you. "You can connect with your own emotional intelligence and wisdom by giving yourself time and space to let go of everyday busyness and experience a deeper level of thoughts and feelings," says Rosalind Grant of Hamilton's Samudra Buddhist Centre. "This helps develop an inner resilience and understanding so you can be more open to people and experiences in your everyday life." The Centre sees a wide range of clients looking to benefit themselves through meditation, from students to seniors, all with different religious and linguistic backgrounds. The emphasis is that meditation is for everyone and that the benefits are endless, no matter what path you've walked. The techniques employed in the practice are said to develop insight, concentration, mindfulness and supramundane powers, or the ability to experience things in your daily life in a way that is above or beyond the ordinary. The belief is that in order to be in tune with your own universe, you must first be in tune with your own self. Grace Mathieson,

also from Samudra, imparts that "we do this by developing the capacity to know what is going on in the present moment and to stay with this with non-judgmental awareness. We develop an attitude that allows us to see ourselves and our world accurately precisely and with clarity. We relate to what is happening around us but not in a habitual way. Through the practice of meditation, we develop an awareness of our behaviour that is driven by habitual patterns and ways of thinking that bring us suffering." Many people who enjoy meditation for the first time are surprised by how much they benefit from slowing down and experiencing their inner peace. So shake off your reservations — meditation could be the best holiday from this frenetic world you ever take.

RAW RAW CLEANSE

If you're not feeling particularly saucy this year, how about juicy? We'll clarify before we start sounding risqué. Cleansing the body using fresh, all natural juices blended from raw, whole fruits and vegetables has enjoyed a surge in popularity in recent years, and the answer why is easy — because it works. As opposed to more controversial ways of cleansing the body like detoxes and extreme diets, juice cleansing is the perfect way to naturally rid yourself of a bloated belly or a sluggish stamina. Tina Tivey, founder of Raw Raw Cleanse, has been providing the benefits of juice cleansing to her clients for almost five years. The three-day cleanse, which she

Super Charged!

You can't go wrong by incorporating superfoods — rhubarb, pumpkin seeds, Goji berries and quinoa are but four — into your diet. Speaking of quinoa, here's the scoop on this latest and greatest superfood:

Quinoa — pronounced keen-wah — is the grain-like superfood flying off shelves at stores specializing in vegan, healthy or allergen-free diets. And, yes, it's a phoneticist's nightmare; a shibboleth separating the health-food keepers from the mere dabblers.

It's easy to digest, high in nutrients and is a tummy-tolerable alternative for people allergic to wheat. It's also high in protein, anti-oxidants, fibre, phosphorus, magnesium, iron, calcium and heart-healthy fats, and low in bad fats.

says is the most popular option, replaces solid foods with six, nutritionally superior fruit and veggie juices each day. "The juice is delivered directly to your door in a cooler and we provide prep and followup advice," Tivey says. "The best part is that we only use fresh fruit, vegetables, herbs and spices. It is 100 percent natural and this means it is much gentler than traditional cleanses." Raw Raw Cleanse began around the time when the juice movement was really starting to take off. Tivey's sister moved back to Canada from Nashville and missed her local juice cleanse parlour. "We discovered there really wasn't a company around using whole produce, with pulp and all to incorporate more fibre, and that started the ball rolling." Tivey rolls all kinds of raw goodness into her five



varieties of juicy tonic — Clean Greens, Cool Melon, Citrus Spice, Ginger Berry and Maple Almond Milk. And she says that every week there is a success story that makes her smile. “I’m totally inspired by our customers and their feedback. It is the best motivator ever for me knowing that sometimes just three days can mean the start of a healthier, happier chapter in someone’s life.” She sends out congratulations messages to her weekly clients after their cleanse because she wants all of them to be proud of what they just accomplished. Tivey can send one out to you, too — you just have to let loose with the juice!

MOBILE PERSONAL TRAINERS

Many of us hit the gym to maintain good health and maintain our energy. Others go because they don’t feel great about their body, want to shed some pounds and look better. If you fall in the latter category, you know what it’s like to be on the treadmill and feel intimidated by the ripped guy or the svelte miss beside you. So why not get fit in privacy and have the gym come to you? Mobile personal trainers work with you in the most comfortable atmosphere possible — your home. All you need is some extra space, basic equipment and the desire to live your healthiest life. “I have worked many years in a gym setting and have seen the level of session cancellations,” John Bellio of Tru-Pro Mobile Personal Fitness says. “Since I have been training clients in their homes, the cancellations have dropped dramatically.



Clients are training more consistently and achieving better results faster.” A wide range of clients round out Bellio’s roster — busy professionals, retirees and stay-at-home parents who can’t get away from the kids. Never trained with a trainer before? Relax, these are professionals with years of experience and dedication. Trainers are especially beneficial if you’re nervous about working out for the first time or have quit the gym before — they’ll keep you on track and motivated. “Losing weight is the number one New Year’s resolution because of increased awareness of the importance of personal health and fitness,” Bellio believes. If it’s you he’s talking about, maybe it’s time to think about a mobile trainer. Soon you’ll be the guy or gal you were jealous of on that treadmill.

HAVE MORE SEX!

Looking for a career change? Praying for that promotion? Quick, to the bedroom!

Researchers have found a link between earning more money and having more sex — and it has nothing to do with sleeping with your boss. Instead, a new study, <http://ftp.iza.org/dp7529.pdf>, has found that having more sex can lead to a higher income. Study researcher Nick Drydakis found that when people are having sex regularly, they’re happier, stronger, eat better and work out more, calling sexual activity a gauge for attributes employers seek in an employee. So how regularly is “regularly”? More than four times

a week is the sweet spot, leading to the statistically significant highest wages. A sexless marriage was the worst scenario — Drydakis found that married men having no sex receive lower wages by 1.3 percent. He does think that there’s a bit of the “chicken or the egg” dilemma going on, though. In some cases, a high income might make someone more sexually appealing to others, leading to more sex. However, a 2004 Dartmouth College study of over 16,000 men and women shot that theory down, stating that, “Income has no clear effect. Money buys neither more sexual partners nor more sex.” Still, there’s no harm in trying, right?

SELF ESTEEM WORKSHOPS

What’s your biggest barrier to jump-starting the best version of yourself this year? While the largest obstacle for some

is being overweight or feeling unhealthy, countless others struggle in a more general sense with lack of self-esteem, which can affect every aspect of your life. Enduring your days with a feeling of not measuring up, not fitting in or not being worthy of others’ attention, friendship or love leads to depression and thoughts that can be emotionally destructive. Statistics Canada reported in recent years that 12 percent of Canadians identify as having low self-esteem. Perhaps therapy or one-on-one counselling just isn’t for you, but you’d like to seek out some form of assistance. Self-esteem workshops provide a nurturing and collective environment where participants learn to increase their self-awareness and learn vital skills to build a more positive and healthy image of themselves. The Self-Esteem Network of Hamilton has promoted the growth of self-esteem for personal well-being since 1994, and offers four-to-10-week courses at various locations throughout the city, as well as half or full-day workshops to individuals and organizations on various aspects of building a better sense of self-worth. A quote on their website by Vietnamese Zen Buddhist monk Thich Nhat Hanh sums up self-betterment succinctly: “People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?” These workshops just might have you blooming before spring even arrives.

NATUROPATHIC

The synthetic supplements and medications we put into our bodies to make us feel better have long been considered, well, perhaps not the best measure. Let’s face it — we’re putting things into our bodies that simply don’t belong there. Naturopathic doctors provide numerous treatments without the risk of adverse side effects. These professionals offer many different treatment options and work with patients to create individualized plans that work best for them. So what’s available to have you feeling your best in 2014? How about herbal medicine, homeopathy and hydrotherapy? Naturopathic doctor Sarah Penney works out of the Hamilton Health & Wellness Centre on Upper Wentworth and says there are countless conditions she is able to treat with these methods including

arthritis, heartburn and weight management. “But one of my favourite treatments is definitely acupuncture,” she says. “I have seen some great results for everything from digestive concerns like IBS to skin conditions like psoriasis, as well as for cases of infertility. The one thing I would say acupuncture helps with the most is stress and anxiety, which can be a large contributor to health concerns in many of my patients.” Identifying underlying causes of health concerns is paramount when Penney considers the treatment a patient should receive. She acknowledges that some have their doubts about natural remedies, but knows there is a magnitude of impact that simple changes have on the body. “Much of the doubt patients come in with is their concern that they can’t make the changes they think they need to. I try and work with them to find solutions and compromises that fit their needs.” Could it be time to throw a lock on your medicine cabinet for good? Perhaps your response is, “Naturally!”

REIKI

Ah, the human touch. There’s nothing like a hand-on-body approach to making you feel restored and refreshed. But we’re not talking about massage — we’re talking about Reiki (pronounced RAY-key), a form of alternative medicine developed in 1922. With this technique, Reiki healers transfer universal energy through their palms, which they believe sets the body into self-healing mode and promotes balance from head to toe. With imbalance, our immune systems become impaired and open us up to stress, fatigue, insomnia and even headaches and chronic colds. Wellness centres such as Circle of Light in Waterdown offer Reiki healing sessions and even classes so that you can perform this curative form of rejuvenation on others. Kerri Fargo, a fifth-generation Reiki master teacher from Circle of Light, offers a whole approach to restorative techniques and knows that compassion and joy flow through her clients after each and every session. As she recently wrote on her blog, “Every year I like to find some kind of way to connect with the energy of the past year, a ceremony of sorts, whether it is through journaling, meditating, dancing or some other way that feels right.” Reiki could be your way to come to terms with 2013 and jump into the new year — hands on!

Five Steps to New Years’ Success!

If you’ve ever failed to keep a New Year’s resolution, you’ve got plenty of company. In fact, according to most studies, 92 percent of all resolutions fail. To understand why, let me introduce you to “Bob” and his best friend “Future Bob.”

Bob happens to be a complete pushover for anything in the realm of instant gratification. He loves junk food, hates exercise and he’s spectacularly resourceful at finding excuses to avoid unpleasant tasks.

His best friend, Future Bob, is an amazing fellow. Future Bob has boundless energy, loves to exercise, eat healthy and he tackles unpleasant tasks quickly and efficiently.

Each year Bob vows to turn over a new leaf starting on January 1st... when he envisions himself magically transforming into Future Bob.

Bob doesn’t know it, but just the decision to change gives him a massive jolt of positive-feeling neurotransmitters and instant gratification. He gets all the good feelings of being Future Bob without expending any effort. What’s more, since he’s convinced of his upcoming metamorphosis, he grants himself permission to gorge over the holidays without a lick of guilt since he’s secure in the knowledge that all will be resolved in

the new year.

As a strategy for change, the “New Year’s Eve Syndrome” is both a runaway success and a titanic failure. It’s successful because it wasn’t meant to be a strategy for change; it’s just a clever ruse for justifying instant gratification. Resolving to change gives us the warm feeling of becoming our future-self without the messy business of taking action.

It’s a colossal failure because we unwittingly condition ourselves to accept failure as a way of life.

We’ve all bought into the fantasy of our future-self... but there IS NO “future you,” there’s only the present you that will wake up in each of your tomorrows.

If you really want a positive resolution, then follow these simple steps and you’ll join the small minority that ranks as the successful eight percent!

1. Set a specific target
2. Create a realistic timeline
3. Have a definite action plan
4. Be accountable
5. And most important of all... START! Happy New Year!



Richard Fast has spent the last 20 years developing the unique 29Days programs which help people escape the endless frustration of stress, diets, nicotine replacement therapies and the frustration of financial hopelessness. 29DaysTo.com

HEALTHY AND HAPPY, HAMILTON STYLE!

It’s no secret that staying healthy and happy in 2014 will take time, energy and lots of commitment. However, the results will be more than worth it. With that in mind, we asked four local Hamiltonians for their own personal goals, tips and advice on what they’re going to do to get healthy and be happy in the coming year, and how you can do the same.



“In 2014, I’ll be striving for balance with family, work, education and personal time.

Find me running the trails or doing the stairs at Dundurn or Chedoke. Bad weather? I’ll be riding my indoor cycling trainer. Our party of five will be in the kitchen cooking meals with local ingredients!” — BRENT KINNAID



“To keep healthy and happy in 2014, I am making a commitment to mathematics because in a culture with so much continuous change, opportunity and uncertainty, it is good to know that zero and infinity are more intimately related than we might at first think.” — KATE GOODWIN

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“This year I’m committing to spending less time in front of a computer or on my phone. I tease, saying that I’m taking the “media” out of “social media” by inviting friends on workout dates. It burns more calories than tweeting and I’m still able to make personal connections!” — ZOE SISKOS

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“Over the past 10 years in fitness, I have come up with four pillars for success: 1. Fitness must be fun, focus on the activity not the outcome; 2. Find a support group to keep you accountable; 3. Stay off the scales. You are not your weight. 4. Train well. Eat well. Sleep well. Be well.” — MATTHEW GREEN

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