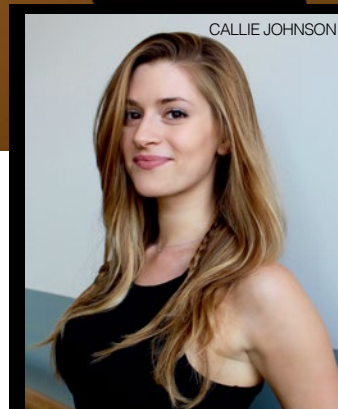


# LIVE IT UP

*As the days grow shorter and temperatures drop, it's important to stay proactive in beating the winter blues. Whether you're new to working out or seasoned in your practice, Callie Johnson, Equinox Group Fitness Instructor/Signature Program Lead, shares her incredible insight on health and wellness. Let this winter be the catalyst to feeling your best physically and emotionally, allowing you to truly: Live It Up!*

*By Megan West*



## The Mind-Body Connection & Overcoming Fitness Fears

When it comes to fitness and mental health, Johnson explains, "It largely comes down to blood flow and breathing. When you up your physical activity, you increase blood flow to the brain, which can trigger the production and release of natural, happiness-inducing chemicals: serotonin and dopamine." Remaining present during your workouts and focusing on smaller details such as breathing techniques "can do wonders for your mental health. Our breath directly affects our stress levels ... and this is a skill you can take with you when you leave your [workout]." The best part, Callie explains, is that these positive effects often snowball into other areas of your life, improving energy levels, mood, and often leading to healthier food choices.

Getting started on a new fitness journey can be incredibly intimidating and according to Johnson, that's completely normal. She suggests shifting your focus to acknowledge

the good that you're doing for your body and mind. "There's a somewhat unspoken mutual understanding in gym culture that everyone is just trying to improve, and that mentality can be really freeing for some. Don't be afraid to ask a trainer or instructor for help. They're there to spot you, to correct you, and to help you progress and regress exercises as needed." On finding your preferred workout style (whether it's group fitness, personal training, or something like pilates), Callie says that it's critical to build a consistent routine that will eventually lend you the confidence to branch out and push yourself in new ways. When in doubt, remember you're not alone in your insecurities, and as Callie says, "Beginners-intimidation is a hurdle that you will absolutely overcome if you stick it out long enough to feel familiar with the gym setting."

Once you've established a routine, Johnson stresses the importance of cross-training throughout the week. To improve overall health and fitness, Callie suggests aiming to "hit each element of fitness: strength, cardio, and stretching" each week, as switching up your workouts "can be a really safe way to constantly 'shock' your body into getting stronger," and prevent "working with too much muscle memory, [which] will lead to a plateau."

## TREAT YOURSELF

*Johnson suggests taking the time to foam roll your muscles (basically an at-home massage) not only during your cool-down, but on rest days as well. "Rolling increases blood flow to the muscles, which in turn combats soreness and can decrease your recovery time. It also offers myofascial release, which decreases tightness and helps you build better habits in your body. Glutes, quads, calves, pecs, and the thoracic spine are the main areas that I recommend rolling." Perhaps the take-home advice we're most excited about is investing in a sun lamp, something Johnson swears by. "With the mornings being so dark in the winter, sometimes you just have to fake a sunrise to give yourself a gentler wake up. Coupling this with a routine that gets you up at the same time every day will help you feel more rested and energetic through the day."*



MICHI AXIAL LEGGING IN BLACK (\$165 USD)

SAUCONY RUN STRONG HOODIE (\$119.99)

PARAJUMPERS MARGIE WOMEN'S PARKA (\$965)

## DRESS THE PART

Embracing an athleisure style means when your day is packed, you won't need three different wardrobes. Look for pieces that mix style with function - we love the fashion-forward **Michi Axial Legging**, featuring flattering angular cuts. Pair with an effortlessly cool sweater (we like the **Saucony Run Strong Hoodie**) and a chic yet no-nonsense parka like the **Margie** from **Parajumpers** and you'll be ready for all the days' adventures.



STELLAR COSMIC FACE HAZE FINISHING POWDER (\$36)

REVLON PROFESSIONAL DOUBLE OR NOTHING RESET (\$19.95)

OMOROVICZA SKINCARE QUEEN OF HUNGARY MIST (\$90)

STELLAR LIMITLESS FOUNDATION (\$45)

For quick and easy on-the-go makeup, try some essentials from Stellar Beauty. We love Stellar Cosmic Face Haze Finishing Powder, which provides a flawless, matte, yet luminous, finish. Dust sparingly over top of their Limitless Foundation, a lightweight yet buildable formula for a glowing gym-to-outside-world complexion. For the pièce de (hair) résistance, we love Revlon Professional Style Master's Double or Nothing Reset. It allows for buildable volume while soaking up post-workout oil and dirt, because who has time for multiple hair washes?

Margaret de Heinrich, Co-Founder of Omorovicza Skincare, suggests taking an extra-gentle approach to post-workout skincare. "Sweating is one of the best ways to detoxify the skin. As a result we advise you avoid using a scrub or an aggressive exfoliator after a workout in the gym," says Heinrich. A gentle cleanser and cooling spray (we love the Queen of Hungary Mist) can help relieve dreaded post-workout redness. Additionally, it's important to use a "light, non-oily moisturizer such as our Elemental Emulsion, as your skin may continue to sweat for some time and you need to let your skin breathe."