

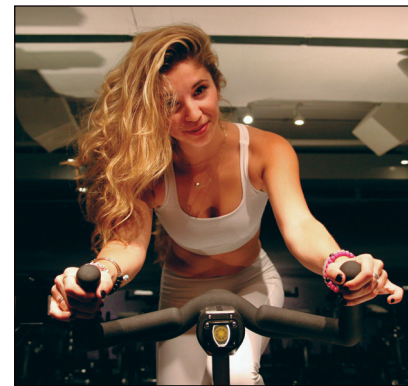
Happy & Healthy New Year!

After all the stresses and excesses of the holidays, we present five of our favourite ways to rest, relax and rejuvenate **BY SHERI RADFORD**

1 GO OUTSIDE

From Vancouver's mountains to its many green spaces, the great outdoors don't get any greater. Walk or bike the seawall around Stanley Park (pictured; page 57). Ski or snowboard on Grouse Mountain (page 58). Glide around the Robson Square Ice Rink (page 50). And ride up the Sea to Sky Gondola (page 57) to go tubing or snowshoeing.

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2 GET SWEATY

Try a new workout, such as pole dancing at Tantra Fitness (page 27), a ballet-inspired class at Barre Fitness (page 27) or spinning at Ride Cycle Club (page 27) or SoulCycle (page 27). According to Abbey Ashley (pictured), one of the instructors at SoulCycle, "the class is a 45-minute gift to yourself so you can focus on you."



4 BREATHE DEEPLY

Harness the power of aromatherapy: Silk Road Tea (page 73) sells a wellness kit (pictured) containing five roll-on remedies that encourage restful sleep, improve moods, and battle colds, flus, allergies, headaches and hangovers. Make sure to sign up for the shop's "Renew, Reset, Re-charge" workshop on Jan. 13.

CATFÉ PHOTO BY KK LAW



3 READ A BOOK

Browse the huge wellness section at Indigo (page 19) to discover new releases such as *The Complete Plate: 120 Recipes - 30 Meal Plans - A Stronger, Healthier, and Happier You* by Lauren Klukas (Figure 1 Publishing) and *Even the Stiffest People Can Do the Splits: A 4-Week Stretching Plan to Achieve Amazing Health* by Eiko (Rodale Books).



5 CUDDLE A KITTY

Visit the friendly felines at Catfé (page 74), Vancouver's first kitty cafe, which houses a rotating roster of cool cats from the SPCA looking for their forever homes. Petting an animal has been shown to lower blood pressure and reduce stress, anxiety and depression—plus the cats are purr-fectly adorable. [W](#)