

# Healthy & Stylish

YOUR HOME-GYM EQUIPMENT NEED NOT CLASH WITH YOUR DÉCOR  
BY SHERI RADFORD

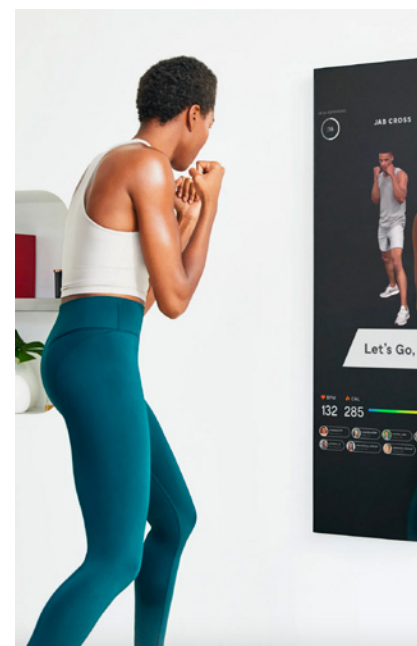
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When is a piece of fitness equipment also a work of art? When it's a set of dumbbells from **Louis Vuitton** or a sterling-silver golf tee from **Tiffany & Co.** They wouldn't look out of place in a Gastown loft or Coal Harbour townhouse, and they don't need to be tucked out of sight when not in use.

One of the themes that's emerged in the "new normal" of the last few months is a focus on the home as a place to do absolutely everything: live, work, play, learn, teach ... and exercise. Local interior-designer and stylist Jennifer Scott has seen a shift in the way people are designing their homes that goes far beyond the much-talked-about home office.

Scott has noticed that dining areas in small Vancouver apartments are increasingly being used to house yoga mats and **Peloton** bikes instead of dinner tables. These spaces often are situated close to a patio, and the abundance of natural light and fresh air make them ideal as a home gym/meditation space. "It makes it a nice experience, even better than the gym," she says.

She's also a fan of the trend toward producing exercise bands, balls and other gear in neutral or co-ordinating colours: "People have some choice to integrate the colour palette of their house and not have these things stand out as an eyesore." Additionally, she likes exercise equipment that's intended as a statement piece, such as the striking yoga mats designed by Vancouver artist Dana Mooney in collaboration with **Sugarmat**.



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Larger equipment no longer needs to be banished to the basement or carport, either—fortunate, since few Vancouverites have that kind of space. Ross Bonetti of **LivingSpace** is a fan of **Technogym's** functional-but-beautiful equipment.

"I was drawn to the brand because of the design of it," he says, adding that his store's Technogym sales have almost tripled this year. Of particular interest to design aficionados is the Italian brand's Personal Line, crafted in partnership with esteemed interior-designer Antonio Citterio. Bonetti especially likes the Personal Line's whisper-quiet elliptical, which could easily become the centrepiece of any stylish living room. "It's this very, very cool design piece, that's part of your interior," he explains.

In Bonetti's own open-concept home, he's set up both an office and a Technogym that are highly visible, and he's enjoying the flexibility this affords him to more-easily integrate work and exercise into his life. Given the current state of the world (the "new normal" of life), he says that many of his customers are now putting new thought into how they want to use the space in their homes.

"A lot of the gyms that people have at home are an afterthought. They're in a basement, in a windowless room. I think that people are really going to start thinking about those spaces and where the gym is going to be."

Equipment that looks as good as Technogym's state-of-the-art treadmills and cross trainers, Peloton's elegant bikes or the Mirror—a futuristic panel that can stream fitness classes and personal-training sessions—are far too attractive to be hidden away. And (bonus!) exercise equipment displayed prominently in the home is far more likely to be used frequently.

Our prediction: even long after the world gets COVID-19 under control, people won't be in any rush to return to crowded, noisy gyms—especially when the at-home alternatives look so darned appealing. ♡

