



# “how can I get out of this winter health rut?”

Three experts tell you how to revitalize your beauty routine, eating habits and workout regimen

## personal trainer

It's hard to stay inspired at the gym if you've been following the same exercise regimen for a long time, says Kathleen Trotter, a personal trainer in Toronto. That's why it's a good idea to get outside when the warm weather beckons and change up your routine. "I'm a big fan of running because you can do it anywhere, for any length of time, and you don't need to waste that extra half hour going to and from the gym," she says. Another way to get out of a fitness rut is to make your workout fit into your lifestyle. "If you have kids, take them to the park to run around or play a game of soccer," she says. "Or introduce workout dates with your partner, like going for a hike in a nearby ravine." Joining an outdoor boot camp with a friend is another great way to get in shape – you can help each other stay motivated and catch up while exercising.

KATHLEEN TROTTER IS A PERSONAL TRAINER AND PILATES SPECIALIST IN TORONTO

## dermatologist

Start with your skin, says Dr. Jerry Tan, a cosmetic dermatologist in Windsor, ON. The skin on your face and body has different needs, depending on the time of year. Our cold Canadian winters can leave skin parched, and so can the products we use. "Soaps can be drying, stripping the skin of surface oils, including those that help retain moisture." Tan suggests using a gentle face cleanser, like Cetaphil or SpectroGel, year round but switching up your face lotion in the spring. While winter skin requires a richer moisturizer, humid spring conditions might mean that you won't need one at all. But, because you'll probably be spending more time outdoors, applying a facial moisturizer that contains at least SPF 15 is a must.

DR. JERRY TAN IS A COSMETIC DERMATOLOGIST IN WINDSOR, ON

## registered dietitian

If you're feeling sluggish, don't look for a quick fix, says Tristaca Caldwell, a registered dietitian in Halifax. Instead, drink plenty of fluids, reduce your intake of processed foods and eat high-fibre vegetables (such as celery, Swiss chard, broccoli and green peas). These will sustain you for longer periods of time. Looking for inspiration? Caldwell suggests visiting your local farmers' market to get fresh local food. The first week of breaking the cycle of bad eating is the hardest, she says, but soon your body will begin to crave healthy, nourishing options instead of junk food.

TRISTACA CALDWELL IS A REGISTERED DIETITIAN AND OWNER OF FUELING WITH FOOD IN HALIFAX