

Yoga · Fitness · Lifestyle

Sweat Equity

*OM
Canada!*

POSING
PM
**JUSTIN
TRUDEAU**

+

*Do you
struggle
with
Yoga
Envy?*

**PUT
YOUR
BACK
INTO IT**
BUILD A
BEAUTIFUL
BACK IN

4
WEEKS



FEBRUARY/MARCH 2016 \$4.95
WWW.SWEATEQUITYMAGAZINE.COM

*Define Your
Habits*

30
**DAYS TO
PERSONAL
GREATNESS**

**STAY IN
THE RACE**
*Yoga for
Runners*

**HEALTH
IS YOUR**
Wealth
**INVEST
IN YOU**

**ANANDA
IN THE
HIMALAYAS**
*A SPIRITUAL
JOURNEY*



KENDELL MACLEOD is a photographer who resides in the waterfront capital of the world, Hamilton, Ontario. Kendell loves to photograph movement and passion. She is always looking for the moment and angle that shows the person's strength and uniqueness. She is known for being slightly goofy, quite tall, and quick with her camera. You can stalk Kendell on social media to follow her latest work. IG: meandherphoto www.meandher.co



BRENDAN BRAZIER is the formulator & cofounder of Vega and bestselling author of the *Thrive* book series. He's a former professional Ironman triathlete and a two-time Canadian 50km Ultra Marathon Champion. Brendan is regarded as one of the world's leading authorities on plant-based performance nutrition and therefore works with several NHL, NFL, MLB, UFC, and Olympic athletes. brendanbrazier.com

LYNN BURSHSTEIN is a Toronto-based lawyer and freelance travel writer focusing mainly on wellness travel. Lynn has had the opportunity to visit some of the finest destination and health spas around the world. When not working or travelling, Lynn enjoys hiking, watching movies, and hanging out with friends and family.



CHRISTINE FELSTEAD pioneered the development of *Yoga for Runners* and today is the leading authority on the practice. She presents at international conferences and has appeared in numerous publications. She has produced best-selling DVDs, authored *Yoga for Runners* and offers YFR teacher training. Christine recently launched YFR Educational Series, a 6-class progression, each including an anatomy overview and detailed instruction. yogaforrunners.com

Sweat Equity

February/March 2016

PUBLISHER/CREATIVE DIRECTOR

Fred Anawi
fred@sweatequitymagazine.com

CONTRIBUTING EDITOR

Dina Rich
editor@sweatequitymagazine.com

EDITORIAL DIRECTOR/PROMOTION MANAGER

Debra Anawi
debra@sweatequitymagazine.com

FOOD EDITOR

Andrew Muro

ASSISTANT EDITOR/ CONTRIBUTOR

Eryn Kirkwood

ART DIRECTION/DESIGN

Ashley Souer
Blanca DiPiero

PRODUCTION MANAGER/STAFF WRITER

Sarah Lichtman
production@sweatequitymagazine.com

CONTRIBUTORS

Alvin Brown, Lynn Burshstein, Jason Horning, Mark Laham, Dave Laus, Nichelle Laus, Bonnie Lynch, Kendell MacLeod, Dr. Mathew, Melissa Mead, Jill Miller, Jamie Shane, Grace Van Barkum, Dan Vogt, Catie Wiggy

SALES

sales@sweatequitymagazine.com

CIRCULATION

circulation@sweatequitymagazine.com

While every effort has been made to ensure that advertisements and articles appear correctly, Sweat Equity Lifestyle Media Group cannot accept responsibility for any loss or damage caused directly or indirectly by the contents of this publication. All material is intended for information purposes only. The views expressed in this magazine are not necessarily those of its publisher or editors.

All rights reserved. Reproduction in whole or in part is prohibited without written permission from the publisher.

OWNED AND PUBLISHED BY

Sweat Equity Lifestyle Media Group
6-1500 Upper Middle Road West, #118
Oakville, Ontario, Canada L6M 0C2
info@sweatequitymagazine.com

Sweat Equity Magazine is published 6 times a year.

FOR ADVERTISING/SALES INQUIRIES:

sales@sweatequitymagazine.com

Printed in Canada on paper from a sustainable source using vegetable-based inks.

CONTACT US

Readers are invited to contribute comments, views and photos. Please send article submissions and photography to: editor@sweatequitymagazine.com

MODEL/PROFILES SUBMISSION

To be considered for a model/trainee/instructor profile, please email editor@sweatequitymagazine.com



6 postures

Yoga for Runners

TO GET YOU BACK IN THE RACE

BY CHRISTINE
FELSTEAD |

PHOTOGRAPHY BY TIM
BERMINGHAM



RUNNERS ARE OFTEN RELUCTANT TO TRY YOGA, concerned that they aren't flexible enough. It isn't uncommon for runners attending their first yoga class to ask whether the room will be filled with lithe and flexible bodies, in spite of it being advertised "for runners; no yoga experience necessary." This fear may be driven by the many media images showing people in advanced yoga poses, fuelling the notion that you have to be able to bend like a pretzel to do yoga. This is far from the truth. Yoga is suitable for every body type. It can be started at any age, regardless of physical condition, and those who are the stiffest have the most to gain.

The following selection of poses will increase your flexibility and strength.

Runners specifically have much to gain from adding yoga to their physical regimen.

Runners are most likely to take up yoga to improve flexibility, and there is no doubt that certain parts of a runner's body need stretching. However, more important than overall flexibility is musculoskeletal balance. Everything works better in a state of balance, and the human body is no different. Yoga helps balance the body, which enables muscles to work more efficiently. The benefits of yoga for runners are numerous, but one they appreciate most is that they can run with less risk of injury.

#1

DOWNWARD DOG

Start on hands and knees with hands beneath the shoulders and knees beneath the hips. With straight arms and inner elbows facing each other, spread the fingers and press the roots of the fingers firmly into the ground. Curl the toes under and lift the hips. Keep the legs bent to start, and actively press the hands into the floor as you press the hips away from the hands and towards the ceiling. Straighten the legs. Draw your belly in and widen the shoulder blades across your back. Let your head relax. Hold for 5 to 10 breaths.

THIS IS THE #1 YOGA POSE FOR RUNNERS. DO THIS POSE EVERY DAY! IT DECOMPRESSES THE SPINE, STRETCHES THE HAMSTRINGS AND CALVES, AND BUILDS UPPER BODY STRENGTH.



THIS IS A GREAT STRETCH FOR THE HIP FLEXORS AND INNER THIGHS.

#2

LIZARD From Downward Dog, step the left foot forward to the outside of your left hand; bend the leg to 90 degrees. Gradually bend the elbows and let the forearms rest on the floor. Do not let the knee sway outward or the left hip sag. Keep the back leg straight. Hold for 5 breaths and repeat on the other side.

#3

TWISTED LIZARD From Lizard Pose, hold your left ankle with your right hand and extend your left arm to the ceiling. From the navel, twist your torso to the left, rolling the right ribs towards the left inner thigh. Open the chest by lifting and lengthening the breastbone. Hold for 5 breaths and repeat on the other side.

DEEPENS THE HIP WORK WHILE REJUVENATING YOUR SPINE.



Yoga is suitable for every body type. It can be started at any age, regardless of physical condition, and those who are the stiffest have the most to gain.

The following three poses build arm, upper body, and core strength. The stronger your core, the stronger your running!



PLANK From Dog Pose, step back until the body is parallel to the floor, keeping the shoulders over the wrists. Spread the collarbones and lift the breastbone; press back through the heels and engage your thighs. Hollow the belly and lift the front lower ribs. Press the tailbone towards the heels. Hold for up to 10 breaths.



#5
EVEN BETTER FOR BUILDING STRENGTH THAN PLANK!

SIDE PLANK From Plank Pose, bring the feet together and pivot to the left, pressing the outer edge of the foot into the floor and stacking the right foot on top. Stack the shoulders and hips. Position the supporting hand beneath the shoulder and firmly press the shoulder away from the ear, with the arm straight and the triceps firm. Extend the top arm toward the ceiling. Squeeze the inner thighs and press out through the soles of the feet. Hold for 5 breaths. Return to Plank and repeat on the other side.



CHATURANGA (YOGA PUSH-UP) From Plank, slowly bend the arms and lower the body until the upper arms are parallel to the floor, with elbows over the wrists and tucked in and arms at 90 degrees. Pause and hold for one breath. Press into the hands and lift the torso (without sagging) until the arms are straight; then press the hips back into Downward Dog.

Repeat up to 5 times *re*