

# OptiMYz's holiday gift guide 2018

Stumped on what to get the women on your list? There's something here for everyone!

## Merrithew's Halo Trainer Plus

The ergonomic Halo® Trainer Plus is one of Merrithew's most popular pieces of equipment. This body weight training tool offers many dynamic options for total body conditioning. It's perfect for working out at home or for group classes.

[www.merrithew.com](http://www.merrithew.com)



## Bernardin's smooth sided jars

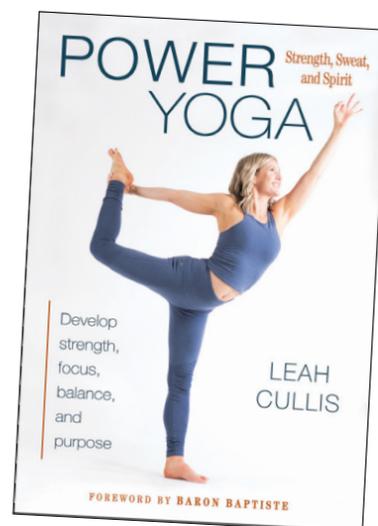
Bernardin, Canada's most popular canning brand has introduced the new Smooth Sided Jars (250mL), featuring a smooth façade ideal for showcasing vibrant, homemade jams and jellies, chutneys and relishes. This smooth finish allows canners of all skill-levels to personalize their culinary creations with labels and decorations for customized creations, making it the perfect gift for the holidays!

[www.bernardin.ca](http://www.bernardin.ca)

## Human Kinetics: Power Yoga

For the yoga lover on your list. Expand your energy and raise your sense of personal power with *Power Yoga*. This athletic and dynamic style of yoga delivers high intensity and quick results.

[www.humankinetics.com](http://www.humankinetics.com)



## Vitamix E310 Explorian Series Blender

Discover true high-performance blending with the E310. Featuring standard controls and Vitamix's

iconic blending power, the E310 quickly and easily creates steaming-hot soup, delicious smoothies, and so much more. Ten variable speeds and the powerful 2 HP motor allow you to refine every texture with culinary precision, from the smoothest purées to the heartiest soups.

[www.vitamix.com](http://www.vitamix.com)



## Lebert EQualizers

Lebert EQualizer bars provide an all-in-one training tool for cardio, agility, strength and stretching at home, at the gym or outdoors. The bars are ideal for storage, portable, and versatile enough for any workout. You can do hundreds of exercises with the EQualizers, using your bodyweight as resistance. Perfect for full-body conditioning and targeted training of the shoulders, chest, arms, legs, butt, back, core and much more.

[www.lebertfitness.com](http://www.lebertfitness.com)

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GIVE LOVE



## Lorna Jane Renew Full Length Tight

These high rise Renew Full Length Tight leggings in Pale Grey Marl Ombre by Lorna Jane are a must-have for any active girl. With an ombre print and soft 4-way stretch and moisture wicking fabric, you'll feel completely unrestricted and oh-so comfortable as you work out in style.

## Lorna Jane Renew Sports Bra

Move with ease in your next yoga class with the Lorna Jane Renew Sports Bra in Pale Grey Marl Ombre. Designed with soft, knotted back straps offering comfort and staying power, this sports bra will give you a wide range of flexibility so you can remain focussed on those tricky yoga moves.

[www.lornajane.ca](http://www.lornajane.ca)