

# REVIVE



HEALTH • BEAUTY • LIVING • FASHION

Winter 2011

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# Glitter Offers Clues To Beat The Winter Blues

By Ron White

Winter is one of my favourite seasons for fashion. The variety of looks and the transition many men and women make into boots always inspires me. This season, I love how men and women alike have embraced glitter. In my 20 plus years in the shoe business, I have never seen glitter out there like we do today – and I love it! And my customers do too – our top selling shoe of the season is “Sugar” in Gun Metal.



Whether its shoes, bags, tops, or leggings, glitter has really entered the fashion scene this year. I have found that there is always a little more bling in Europe – especially for men’s clothing and apparel (and I must confess that most of my favourite T-shirts this season are all blinged up!) but this season it really is across the board. And of course, in shoes—the easiest way to freshen up an ensemble – glitter is topping the charts for men and women.

Shoes with glitter always attract a little more attention and I think their versatility makes them incredibly special. Whether you wear them with skinny jeans to run around town or to the night club or to top off an ensemble for a holiday cocktail party or a corporate work function, glitter is great!

This season a number of designers – including Stuart Weitzman and Miu Miu, joined me in using glitter leather to make our

creations – booties, shooties and mostly pumps.



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## Q & A with Bruce Krahn

Bruce Krahn is a professional speaker, personal trainer, author of *The Fat Fighter Diet* and owner of *Ebodi.com*. You can learn more about Bruce at [www.brucekrahn.com](http://www.brucekrahn.com). Email your questions to [askanexpert@revivemagazine.ca](mailto:askanexpert@revivemagazine.ca)



**Q: How can I make sure I am able to keep up my exercise routine? There are times when I am too tired or have other demands that take up my time.**

**A:** I have noticed that the folks who are successful at achieving their goals are those who make success a top priority. If you want to know what's important to someone simply look where they spend their time. Success (and the habits which create it) is always planned. Failure never is. Set a compelling goal. Make a plan. Get excited and go for it!

**Q: What is a good workout routine to lose weight when you lift weights?**

**A:** Here are some rules to follow when it comes to resistance (weight) training:

1. Warm up with dynamic movements. This could include burpees, jumping jacks, lunges etc.
2. Focus on large muscle groups. The muscles of the back and legs should be a top priority. Worry about the "showy" parts later.
3. Do compound movements. These are exercises that work more than one mus-

cle group and include squats, deadlifts, pushups etc.

4. Do hybrid movements. These are 2 or more exercises combined into one and include squat with press or lunge with curls.
5. Use free weights over machines. Free weights will engage more muscles and will work your body through a natural range of motion.
6. Vary your routine. Your body will adapt to any stimulus. Make sure you change your program every 4 to 6 weeks. A good trainer or web based program will help you with this.

**Q: Do we really need 8 glasses of water per day?**

**A:** At least and here's why: your body is 60-70 percent water. Water is necessary for metabolizing fat. Being well hydrated will increase your energy, decrease water retention, calm appetite, increase strength and endurance and improve health so drink up!

When I was in Milan in the fall, I saw endless treatments using different kinds of glitter. The process for making this kind of leather is interesting -- just imagine giant pieces of leather being applied with glue and then caked with glitter pieces. It reminds me of kindergarten class and finger painting... maybe that's why we are all instantly attracted to glitter. Just thinking of it makes me smile...

Glitter shoes are also surprisingly durable -- especially in this age of sophisti-

cated materials. You may from time to time see a few pieces of glitter come off a glitter shoe -- I always tell clients and friends to think of it as your fairy dust trail! There is nothing wrong with leaving a few sparkles in your wake! And, not to worry -- you'll get many, many seasons of wear out of today's glitter shoes and boots. So, for the holiday season -- and to beat the winter blues -- be sure to inject a little glitter into your life. You'll be sure to light up the room!

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