

MAY 2016 | COMPLIMENTARY

Playing With Fire Hot off the Grill!

The Dish on **SUPER-SIZED** Kitchens

Beefed up hub of the home

BEST JEANS FOR SPRING

Denim styles you'll love

It's All Write

Champs of our
annual contest

Four Paws **UP**

Hot diggity dawg!

carolina WOMAN[®]

the magazine for women in the triangle

homegrown since 1993™

ON THE MOVE

Beachbikes – It's pure pleasure from creating a custom bicycle online to chatting with the support staff on the phone to fast shipping to extensive follow-up by the company. And the riding, ah, the riding! The bikes are engineered with comfort and aesthetics in mind. There are 42 different women's bikes, including the Firmstrong Bella Fashionista available in one, three or seven speeds. Lots of options exist for men and kids, too. Beachbikes.net



BOB – The Revolution FLEX is the newest all-terrain stroller from BOB, the premiere jogging-stroller company. The front wheel swivels to maneuver tight turns with ease or locks forward for increased stability. An adjustable, padded handlebar offers nine positions to give the best fit for parents of all heights. Baby gets a smooth, secure ride due to factors such as a state-of-the-art suspension system and a five-point harness. Bobgear.com



Diono – The innovative Radian RXT car seat is conceived with a child's security as its top priority. Premium materials and thoughtful safety components, such as a steel alloy frame, aluminum reinforced side walls and energy-absorbing EPS foam, put parents' minds at ease. Diono.com



Joovy – The ultra-lightweight Balloon is a 12.7-pound do-everything, go-everywhere stroller with a lot packed into it. The cushioned, multi-position seat is comfortable and supportive. Its near-flat recline and bassinet-mode make it ideal for newborns yet the stroller will hold a child up to 45 pounds. It offers nimble mobility, making it painless to put in the trunk of the car and use on public transportation. Joovy.com



myCharge – Don't want to be hunched over a wall outlet trying to recharge your smartphone? Keep a nifty portable charger on hand. Folded neatly into the side of the myCharge Hub Plus are built-in wall prongs, an Apple lightning cable and micro USB cable. The 6000 mAh device recharges itself four times faster than other power banks.

Mycharge.com

WellnessMats – Take a load off your feet with anti-fatigue mats boasting non-slip top and bottom surfaces and beveled edges that will never curl. These leg-savers, which are antimicrobial and quickly sanitized, come in 200



colors and patterns, so style, comfort and safety are all considered. We're especially intrigued by the foldable MobileMat, which is a fitness enthusiast's secret for yoga, Pilates, stretching and more. Wellnessmats.com



DUKE UNIVERSITY EAST CAMPUS
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APSWALKDURHAM.ORG



aps WALK
FOR THE ANIMALS