

# MIND. BODY. STYLE.

## APPS, ACCESSORIES, APPAREL & MORE FOR YOUR FAMILY'S ACTIVE LIFE

Spring sunshine and warmer temperatures are the perfect conditions for new growth and potential, including a renewed commitment to getting healthy. Whether you work out on your own, play hard with your family in the great outdoors, or kick it at a gym, make health the core feature of your lifestyle and activities—accessories included!

## PEACE OF MIND.

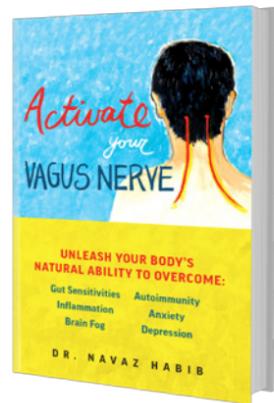
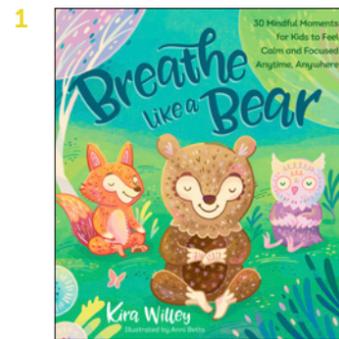
**1. Breathe Like a Bear by Kira Willey** *Breathe Like a Bear* is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Children can practice anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at their desk at school. [penguinrandomhouse.ca](http://penguinrandomhouse.ca)

**2. Inner Balance & The HeartMath Experience** Monitor your inner balance with this tech that offers a window into your emotional wellbeing. The Inner Balance app and its advanced heart-rate monitor can detect subtle changes in your heart rhythms, and with training you can replace emotional stress with emotional balance. You can sell it to your kids as a video game where they're actually the controller! [heartmath.com](http://heartmath.com)

**3. Activate Your Vagus Nerve by Dr. Navaz Habib** Discover the power of your vagus nerve, the body's "rest, digest, and recovery system", and you can change your whole life! Dr. Navaz Habib lays out easy-to-follow daily and weekly routines to help on the path to healing, including improving your gut health and sleep, and reducing anxiety and inflammation. It's a real page turner! [drhabib.ca](http://drhabib.ca)

## BODY POSITIVE.

**4. Healthy Foot Massage Ball from David Newton** Did you know that your feet are one of the most complex anatomical structures in your body? A foot massage can positively affect your entire body and induce a serious sense of calm. This cork massage ball is great for all ages and is a powerful self-healing tool: simply roll it around on the bottom of each foot at playtime or keep under your desk or your dining room table! [davidnewtonwellness.com](http://davidnewtonwellness.com)



**5. Scoria Cork Yoga Mats** Make movement a family affair with these unique slip-resistant cork yoga mats that will spark your actual child *and* your inner one! These mats are made with 100% natural and non-toxic cork and backed with tree rubber, making them one of the safest yoga and play mats around! [scoriaworld.com](http://scoriaworld.com)

**6. Herbaland Vegan Protein Gummies for Kids** Fuel the fun with these gummy bears that parents and kids will both enjoy! Herbaland's Protein Gummies are a delicious, sugar-free, plant-based protein snack. Each pouch contains 16 g of fibre, 6 g of protein and 0 g of sugar. Convenient, healthy treats on the go! [herbaland.com](http://herbaland.com)

**7. Vega Sport Electrolyte Hydrator** Avoid those artificial, intensely coloured sports drinks and make it a habit to replenish fluid with fresh water. When you need an extra boost during more intense activity, a scoop of this gem that has all the essential electrolytes your body needs to stay hydrated. [myvega.ca](http://myvega.ca)

## AMP YOUR STYLE.

**8. Vivobarefoot Barefoot Shoes** Less shoe + less weight = more freedom to move. Barefoot is the best! But when you need to wear shoes, this tough and flexible barefoot, plant-based shoe frees young feet to enjoy every walk, run, and climb the way nature intended. Get matching pairs for the whole fam! [vivobarefoot.com](http://vivobarefoot.com)

**9. Kooshoo Organic Plastic-Free Hair Ties** Tie your hair back with the best hair ties you'll ever own! These are plastic-free, biodegradable, and made with organic cotton and natural rubber in a fair-trade facility in the U.S. They're strong enough for thick hair, creaseless, and soft enough to not cause hair tie headaches! [kooshoo.com](http://kooshoo.com)

**10. Little Nudnik Disruptor Tee** Play in something that makes you feel good! This t-shirt is made from clean, unused, pre-consumer off-cut fabrics that are 100% organic cotton and would have otherwise ended up in landfill. It normally takes 2,700 litres of water to make one t-shirt, and Little Nudnik's production uses none! [nudniklife.com](http://nudniklife.com)

**11. Alternative Apparel Organic Cotton Crew T-Shirt** A fitness routine doesn't need to be complicated and neither does activewear. A basic, well-made organic t-shirt can move with us seamlessly throughout our busy days from work to workouts. [alternativeapparel.com](http://alternativeapparel.com)

**12. Inner Fire Yoga Pants** Stretch beyond your limits in these beautiful ethically made leggings. Each pair is made from recycled water bottles and hand-printed with eco-friendly water-based ink so your workout isn't just healthy for you, it's good for our planet too! [myinnerfire.com](http://myinnerfire.com)



Lisa, owner of Borden Communications, a B Corp certified company she started in 1994, takes a unique approach to holistically and consciously marketing responsible brands, personalities, and services using transparent strategies with proven success. Some of her favourite titles include: Mother of 3, Family Cook, Enthusiastic Philanthropist, Inspiration Agent, and Wannabe Organic Farmer.

