

# OUR FAVORITE THINGS

## BY BRET LOVE

WITH THE NEW YEAR COMES new dreams and aspirations, and the annual resolutions to improve ourselves. For many of us, that means exercise and dropping those pounds we put on over the holidays. Here are a few favorite things we're using to get in better shape for 2015:

### WOMEN'S WORKOUT GEAR

Designed to balance great fit, ergonomic support and comfort, the merino layers of **ICEBREAKER** fitness apparel ([us.icebreaker.com](http://us.icebreaker.com)) are perfect for Atlanta's unpredictable winter weather. The lightweight, breathable wool/lycra blend of their Pace Leggings and Bolt Long Sleeve Half Zip regulates temperatures and resists odor, making them great for a gym workout or as a base layer for outdoor activities. Pair them with the Gust Long Sleeve Zip Hood for running or cycling: The merino is super soft next to your skin, the polyurethane middle layer protects against the wind, and the polyester outer layer is water resistant. This has become my lady's go-to exercise outfit.



### MEN'S WORKOUT GEAR

After seeing how the **HELLY HANSEN** ([hellyhansen.com](http://hellyhansen.com)) line performed when we climbed Norway's Jostedalsgreen glacier during foul weather (from foggy drizzle to pelting hail), I now wear their breathable, waterproof clothes anytime the weather outside gets frightful. Their quick-drying Active Training Pants are comfortable enough for everyday wear, and I pair them with a base thermal for warmth in frigid conditions. The merino wool of their HH Warm Run long sleeve training top uses Lifa Stay Dry technology to wick away moisture and heat, and features 360-degree reflectivity for nighttime visibility. If it's cold, I wear their PrimaLoft-insulated H2 Flow Jacket on top, keeping me snug as a bug in a rug.

### SHOES

I've never been a fan of running, but have always loved **NEW BALANCE** ([newbalance.com](http://newbalance.com)) shoes. So when they sent over a pair of Fresh Foam 980 men's running shoes—which earned awards from *Competitor* and *Prevention* magazines—I had to try them. Developed using specialized design software, the midsole is created from a single piece of foam, giving the shoes an ultra lightweight feel. With breathable air mesh and a cushioning rubber outsole, it's the next best thing to going barefoot.

Thanks to our frequent travels, we're pretty rough on our hiking gear. We've recently been putting the Tumalo hiking boots from **BOGS** ([bogsfootwear.com](http://bogsfootwear.com)) to the test. Available in men's and women's models, they feature waterproof nubuck leather uppers, EverDry lining to get rid of sweat, and sturdy BioGrip

lug outsoles for traction and stability. Looking forward to giving them a workout this week in the jungles of Belize!

### NUTRITION

Over the last 18 months I've lost 50 pounds (with minimal exercise) by eliminating gluten from my diet and drinking water constantly. I used to hate the taste of tap water, but the Powered Water Filtration System from **AQUASANA** ([aquasana.com](http://aquasana.com)) makes a world of difference, removing 96% of the chlorine and other contaminants (10x more than Brita filters) in seconds. The filters last 6 months, and the slim 1/2-gallon pitcher fits perfectly in the fridge door.

The other dietary change that helped me drop weight was to eat smaller meals and have a high-protein snack every few hours. **KIND** ([kindsnacks.com](http://kindsnacks.com)) is one of my favorites, especially their low glycemic Nuts & Spices line (which includes delicious flavors such as Cashew & Ginger Spice, Madagascar Vanilla Almond and Dark Chocolate Cinnamon Pecan). The organic **PERFECT BAR** ([perfectbar.com](http://perfectbar.com)) is a recent discovery: Made from organic almonds or peanut butter, these refrigerated bars have no chemical preservatives, refined sugar or gluten, and come in 7 flavors (including Almond Coconut, Carob Chip and Cranberry Crunch). Both brands are perfect for a quick bite during a day hike.

### YOGA

Created by wrestling legend Diamond Dallas Page after he ruptured two discs, **DDP YOGA** ([ddpyoga.com](http://ddpyoga.com)) incorporates yoga, calisthenics, dynamic resistance and active breathing. The affordable low-impact workout system focuses on results, including body fat loss, lean muscle growth and improved cardio levels, all without stressing the joints. You can pair it with the Lumo Lift Posture & Activity Coach from **GAIAM** ([gaiam.com](http://gaiam.com)), which vibrates to correct slouching shoulders/back posture and connects to an app that tracks the steps you take and calories burned.

### POST-WORKOUT

My favorite part of working out? When it's over! The Enso Roller from **EVOFIT** ([evofitforlife.com](http://evofitforlife.com)) makes your cool-down much more comfortable, massaging aching muscles with moveable discs that can be adjusted for broader areas like the back or more isolated areas such as the thigh.

The best thing I learned in rehab after tearing a rotator cuff was the benefit of post-workout icing for sore muscles. The Shoulder and Upper Back Wrap from **SUNSHINE PILLOWS** ([sunshine-pillows.com](http://sunshine-pillows.com)) has become my new best friend, large enough to cover all of my achey parts at once. Lightweight and portable, the wrap can be frozen or heated in the microwave, and the flax seed inside conforms to your shape to make sure every sore muscle in your neck, shoulders and upper back is covered.