

# 10 tricks, tips and ideas we love this month



Columbia Facet 75 Mid OutDry HIKING SHOES in Shale Mauve/Graphite, \$190, and Facet 75 OutDry HIKING SHOES in Light Sand/Frosted Purple, \$170, columbia sportswear.ca.



## 1

### Trek it out

This spring, walk, hike and climb to your heart's content in all terrains in Columbia's OutDry footwear. Made with extra grippy soles, these waterproof hiking shoes are perfect for keeping your feet dry—and from slipping—while you're out exploring all that nature has to offer. Bonus: You'll experience the brand's TechLite Plush technology, which provides maximum cushioning for ultimate comfort every step of the way.

PRODUCER, MARIANNE DAVIDSON

## 2



CHECK OUT myth-busting fitness advice from Esmonde-White and Jhas on page 44!

### BE WELL

Make room on your bookshelf—these wellness reads deserve a permanent spot. The first new release, *The Movement Miracle*, by Montreal-based fitness and healthy aging educator Miranda Esmonde-White, is all about adopting a routine that uses the body's full range of motion to foster strength and mobility at any age or fitness level. The second, *I'll Start Again Tomorrow: And Other Lies I've Told Myself*, by wellness expert Sonia Jhas, tackles all the self-sabotaging behaviours that could be preventing you from reaching your goals, empowering you to try a different approach to wellness. With these new books, this could be your healthiest year yet!

*The Movement Miracle* (Random House Canada) by Miranda Esmonde-White, \$40.  
*I'll Start Again Tomorrow: And Other Lies I've Told Myself* (Page Two Press) by Sonia Jhas, \$22.

## 4

### PREP POWER

We're all feeling the rise of the cost of groceries in our wallets, and that may have you thinking more about how to stretch those dollars. A great way to do it is with meal prep. Our newest fave system is the meal prep kit from Bentgo, which includes one-compartment trays, as well as two- and three-compartment containers. The 60-piece set offers you plenty of space and container options for planning meals and snacks for the week (or month!), keeping your food storage in order and meals ready in a pinch.



Bentgo 60-Piece MEAL PREP KIT in Gleam Metallics, \$48, amazon.ca.

## 3

### SPICE OF LIFE

Ready to add some extra kick to your favourite dishes? These chili-infused flavour toppings bring a delish combination of heat, sweetness and crunch to just about any meal. Grapeseed oil and organic spices come together to create a 100-percent vegan chili product made in small batches in Ontario. Take your pizzas, pastas, stir-fries and more to the next level with a sprinkle of Smoked Red Pepper, Chia Goji & Moringa or Original Chili, and get ready to crave seconds (and thirds!).

Smoked Red Pepper, Original Chili and Chia Goji & Moringa FLAVOUR TOPPINGS, \$10 each, sachili.com.



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### Triple threat

We love trying out new beauty products and tools, so we were extra excited with Ember Wellness's launch of the Sculpt & Glow Bar. It's a three-in-one bar in the shape of a gua shua stone to sculpt and massage the skin but made out of solid hydrating ingredients that melt on contact to protect the skin's barrier. Plus, it's formulated with ethically sourced mica to leave your visage with a subtle glow.



EMBER WELLNESS  
Sculpt & Glow Bar, \$29,  
emberwellness.ca.

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### WORK IT

A soft, buttery texture and body-hugging support is what you'll get with the latest low-impact workout gear from Roots. Available in four beautiful hues, we're simply obsessed!



Sculpted Rib BRA TOP, \$58,  
BIKE SHORTS, \$64, LEGGINGS,  
\$88, in Silver Sage and Cosmic  
Sky, roots.com.

Remi Oval GLASSES  
in Shell and Gabriel  
SUNGLASSES in Black,  
\$405 each, kimeze.us.



### 9 Glasses for all

The eyewear market just got more inclusive. Often, eyewear brands are designed for predominantly Caucasian faces, creating an industry-wide issue for those with black and brown features who can struggle to find the perfect pair of frames. Sisters Clare and Christina Kimeze decided to tackle this problem with their own brand that caters to both lower, wider nose profiles and narrower noses with a lower bridge. Manufactured in Italy, these sunnies and glasses are just as high-quality as they are stylish.

### MARK YOUR CALENDAR

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This is the inaugural year for The Carol Shields Prize for Fiction, the world's largest literary prize for women and non-binary writers. It was created to address gender inequality in the world of literature, awarding the winner a \$150,000 USD prize, and providing residencies and mentorship to writers in Canada and the U.S. Keep your eyes peeled for the announcement of the winner on May 4.



Melon & Salty Air  
CANDLE, \$32,  
sojaco.ca.

### 7 Spring SCENT

There's nothing like filling your house with the fresh aroma of Canadian company Soja & Co.'s new Melon & Salty Air candle. It boasts notes of citrus and fresh salty air, green leaves, water orchid and pure coconut—what a dream! And if candles aren't your bag, try this beachy scent in the brand's all-purpose cleaner or dish soap to make those daily chores a little more therapeutic.

SISTER  
BONIFACE  
MYSTERIES  
Season 2,  
Britbox,  
April 4



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### VIEWERS' CHOICE

While the arrival of spring may spell the season finales of lots of hit TV programs, fear not: The streaming services are here with a slate of new episodes of our favourite shows airing in April. We're looking forward to catching up with the beloved characters and inventive storylines in these top picks.

- THE BROKENWOOD MYSTERIES Season 9, Acorn TV, April 3
- SISTER BONIFACE MYSTERIES Season 2, Britbox, April 4
- THE MARVELOUS MRS. MAISEL Season 5, Amazon Prime, April 14
- THE LAST KINGDOM: SEVEN KINGS MUST DIE feature film, Netflix, April 14
- THE AFTERPARTY Season 2, Apple TV+, April 28