

Holiday Exercising at Home

by Ingrid C. King

With the hectic pace of the holidays, it gets hard to find time to run to the gym or fit in a workout in your extra-busy schedule. These great new exercise titles can help you stay in shape and work off extra stress—from the comfort of your home.

The *Quick Fix* Series is consistently rated at the Top of the Billboard Charts with well-known instructors like Nancy Popp. Getting in shape requires work, but with the *Quick Fix* crew, you'll get motivated to work up a sweat.

If you can work in ten minutes—you can work out. The videos and DVDs in this series include the *Quick Fix Pilates*, *Power Yoga*, *Firm Buns*, *Legs/Arms*, and *Stability Ball* workouts.

The Quick Fix: Pre-and Post-Natal DVD 2-Pack



Join Nancy Popp and two other expectant mothers in the Pre-Natal DVD, with three 10-minute micro workouts to help maintain pre-pregnancy

fitness levels and prepare your body for delivery.

The second DVD for Post-Natal moms is the first of its kind. These micro workouts help regain pre-pregnancy fitness levels, and ease the tension of day-to-day mental, physical and emotional changes. Focus is on key areas that change during pregnancy, to tone and tighten the arms and back, legs and strengthen the lower body. Build up muscles in the abdomen and your lower back safely and effectively! \$22.98

The Method

Fitness isn't just about having a hard body: true health comes from within. *The Method* explore everything from Yoga and Tai Chi to Balanced Zones. Other titles include: *The Method Pilates*

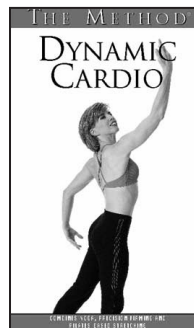


Precision Toning, *Pilates Target Specifics*, *Pilates Target Zones*, *Tai Chi*, *Dynamic Toning*, *Precision Yoga*, *Dynamic Body Makeover* and *Dance to Fitness*.

The Method: Pilates All In One Workout is a com-

plete fat reduction workout based on techniques from Yoga, Tai Chi, Classical and Aerobic Dance, Precision Sculpting and Joseph Pilates. \$22.98 for the DVD; \$12.98 for the VHS.

The Method: Pilates Dynamic Cardio



Three different aerobic workouts, plus a warm up and cool down session—each is a different level of intensity to strengthen the cardiovascular system. \$22.98/DVD; \$14.98/VHS.

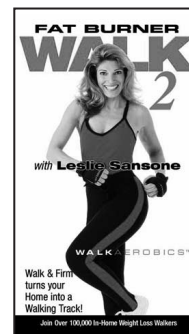
Leslie Sansone is Walk Aerobics!

These videos and DVDs are great for a low impact workout, geared to people who are overweight, senior citizens or people who love walk aerobics.

"Fitness shouldn't be intimidating," says Leslie Sansone, and is her philosophy for weight-loss and exercise programs. It is the foundation of the fastest growing indoor fitness program in the country: **In-Home Walking**.

Leslie Sansone—Fat-Burning Walk (Four Miles)

This 45 minute program will give you all the benefits of a four-mile "brisk walk" or "mild jog," which is important for cardiovascular conditioning. \$12.98 for the VHS.



All of these titles are available at Wal-Mart and other Canadian retailers, in English only. For more information, go to www.currentwellness.com or contact kaBOOM! Entertainment Inc. at 1-416-783-8383.

Online Contest!

Go online to: www.westcoastfamilies.com and enter to win one of these great exercise videos! Contest closes November 10th.

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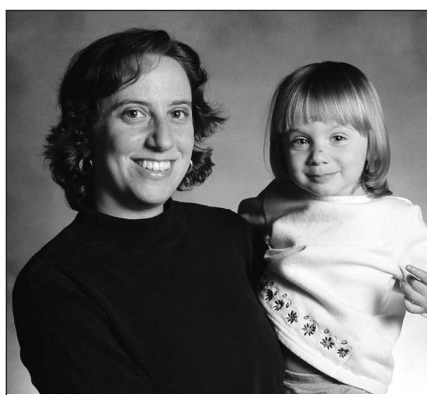
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The Bare Truth about Toddlers

by Ingrid C. King



Jennifer Margulis, holding daughter Athena.

In a brave new book, parents fess up and admit that—gasp!—their precious little darlings are not always so darling after all.

TODDLER: Real-life Stories of Those Fickle, Irrational, Urgent, Tiny People We Love is compiled and edited by Jennifer Margulis, a mother, freelance writer and photojournalist living in Massachusetts. It's a book written by parents, for parents.

The stories expose the bare truth and often humble impressions about toddlers from a new perspective—the parents' own mouths. "The reason I wanted to do this book is because I couldn't find anything like it," says Margulis. "As a parent, I wanted to read real stories about real people." Margulis notes that many parenting

books are full of logical advice but feels they can make a parent feel guilty for feeling, well bad, about their parenting skills. "Frankly, all the advice in the world is not going to help you all the time," she says.

What she wanted more than anything was to reveal the true experiences that bring the most composed parent to their knees. A pocket-sized support group, if you will. Margulis advertised for contributions for her tell-it-like-it-is book and was flooded by offers.

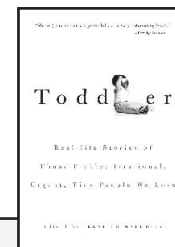
Nearly two years in the making, *Toddler* is the first and only collection of first-person stories for parenting. Each one is short enough to be read quickly during those brief, stolen moments of calm every parent cherishes.

Even though I am not a parent, I enjoyed reading the stories and my heart goes out to anyone raising kids without going batty. The charming, funny and evocative stories offer a variety of perspectives, including stay-at-home dads and moms to working parents.

Available in stores now, anyone will be entertained reading about the joy a father feels when his daughter calls him "dada!" (and his ensuing disappointment when she calls her sippy cup by the same name). Or read the frustrations of a mother (and doctor) whose potty-training advice does little good with her own "un-trainable" triplets.

Margulis shares her best and worst thoughts on toddlers. "They have such a fresh eye and bring so much new life to the world, they renew our own wonderment of the world again," she says. And the worst thing? "They have such a humbling effect," she laughs. "They do so many things that you really wish they wouldn't do... It can be infuriating!"

Essentially, even the most logical advice can't always help when you are dealing with the irrational logic of a toddler. So before you throw your hands in the air in defeat, pick up this book and know that you are not alone. And learn that "letting go" is not the same thing as "giving up." It's all relative.



Win a Copy!

Go online to: www.westcoastfamilies.com and enter to win one of two copies of **TODDLER: Real-life Stories of Those Fickle, Irrational, Urgent, Tiny People We Love** by Jennifer Margulis. Contest closes November 10th.