

REDEFINING FITNESS IN YOUR 40s, 50s, AND BEYOND

D'FYNE

— SS MAGAZINE —

SUMMER 2020

TAKE CARE

THE SELF-CARE STRATEGIES YOU NEED NOW

Quarantine Life Lessons

WHAT WE'VE LEARNED LIVING UNDER LOCKDOWN

SUMMER SWAPS

The beauty switches to make this season

COUPLE UP

HOW TO MAKE WORKING OUT WITH YOUR PARTNER WORK

SMOOTH MOVES

Blend a better smoothie

GET OUT TO GET IN SHAPE

THE OUTDOOR WORKOUT YOU'VE BEEN LOOKING FOR

4 HEALTH TRENDS

Separating fact from fiction on the hottest health trends

LIFE

174 lbs

LIGHTER

Shelli Johnson shares her story

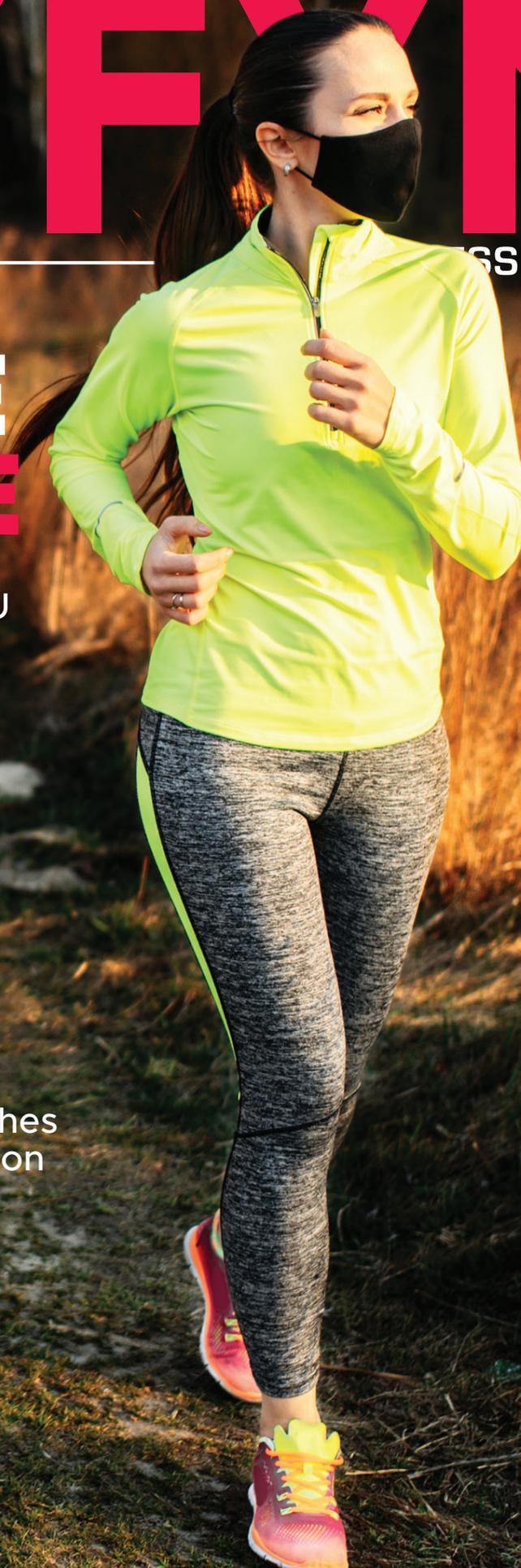


TABLE OF CONTENTS



FEATURES



16 **Summertime Skincare Swaps**

By Sarah Dzedzic

Your guide to taking care of your skin this summer

32 **What Exactly is Vaginal Rejuvenation?**

By Sarah Dzedzic

And why are more women seeking out this procedure

46 **Bringing Legend to Life**

By Sharon Mcleod and Heather Eason

Exploring Egypt and Greece

26 **Life Goes On**

By Sarah Dzedzic

What we've learned from living in quarantine

38 **Fitter Together**

By Rachel Debling

Pairing up with your better half to work out

50 **Making Impossible Possible**

By Shelli Johnson

Life after losing 174 pounds

42 **Smooth Moves**

By Violet Gheletca

Simple summertime snacks

55 **Buyer Beware**

By Rachel Debling

Proceed with these health trends with caution





60 Your Five-Move Six-Pack

By Annette D'Allessandro and Rachel Debling
An efficient regimen to do at home

66 Own It

By Alicia Schoroth
Get outside for this solo workout

71 Your Six-Step Self-Care Plan

By Karen Kwan
Taking care of yourself during times of crisis

82 The Importance of Hope



IN EVERY ISSUE

4

D'FYNE YOURSELF

Outlast

8

FROM US

Stay Strong

10

FROM US

Letter from the Publisher

12

HEALTH NEWS

At-Home Essentials

14

BEAUTY

The beauty goods you need during this pandemic

20

GOOD, BETTER, BEST

Ancient grains

22

FITNESS

Five workout supercharging habits from Rosalie Brown

24

SHARE YOUR JOURNEY

Genevieve Celaya on overcoming injury

36

SHARE YOUR JOURNEY

Donna-Lee Smith has learned to be kind to herself

74

GET TO KNOW

Debbie Peever is embracing each day

76

GET TO KNOW

Fernanda Lazzaro has found her fitness formula

80

USER FRIENDLY

Getting back to the gym in the continuing pandemic



FORMULA

FIND YOUR

Fernanda Lazzaro knows that finding your fitness groove doesn't happen overnight. Find out how she stays strong and keeps up with her body's evolving needs.

My full-time job is client relations in a municipal government association, but my passion is writing. I write short stories for children about the importance of bugs in our ecosystem. I love to write, and I am passionate about the environment. The combination of the two fulfill my need to be creative while helping educate young minds (and their parents or caregivers) about our environment.

A budding interest

Fitness is my other passion. I was seven years old when I sprinted my first 100-metre race and won. I won first place again the following year. But when I turned 10, we moved from Toronto to Etobicoke, Ontario. I was too timid to join any afterschool activities; I was a hermit for the first few years of school.

But then I discovered *20 Minute Workout*. I was hooked. I would tape

sessions back-to-back so I could exercise for an hour straight. When I turned 16, I bought a universal weight-training station with money I had earned working part-time. I had no idea what good form was! Eventually, 10 years later, I started working at a mom-and-pop gym and was introduced to proper bodybuilding.

I'm now 48 and I've worked in the fitness industry on and off for 15 years. I started by working part-time reception at a local gym. After they went out of business, I worked at various locations for the Sports Clubs of Canada; I worked in the pro shop selling products and making shakes—peanut butter and chocolate were my specialty. I also taught group fitness classes in Brampton, Ontario.

Evolving and adapting

When I started making fitness part of my daily

PHOTOS BY MARK RUDDICK (@MARK_RUDDICK)



routine, I also started watching what I ate. This was the 80s during the non-fat fad, which was really code for “extra sugar added.” I had no idea what harm I was actually doing to my body. I was young and active between my exercises, work, and studying broadcasting, so I was lucky not to see too much

of a negative impact from what I was eating.

After I received my broadcast journalism diploma, I pitched a show to a producer I met while volunteering at Rogers Community TV. I created, produced, and co-hosted *The Art of Building Bodies*, which ran for two seasons and aired in Canada,

South Africa, and Dubai. The program was about building strength.

It wasn't until I worked on *The Art of Building Bodies* that I learned that you can shape your body with the food you eat. I was in my early 30s by this time, and I was learning about the importance of eating natural foods. I would stay away from processed food and I cooked everything from scratch.

For me, learning what to eat made the difference between feeling energetic or lethargic, feeling bloated or feeling light. I can't do much about what aging will do to my body, but I could always feel great just by eating the right foods.

Continuing the journey

I thought I'd be a she-woman forever, but pain from heavy weight-training eventually set in in my mid-30s. I had to quit cold-turkey, or I would have suffered long-term damage. I started to swim and skip rope, and I went back to the old-school workouts that use my own body resistance, like push-ups and pull-ups. My body stopped aching and I gained more flexibility. Not to mention that I was able to work out at home

and save time not having to travel to the gym. There are upsides to everything!

There is no one food or exercise that will give a woman her ideal body. There are many factors that work together: proper nutrition, exercise, sleep, low stress, and much more. Our needs change as we age, so you need to find the right formula that works for you. The key is balance and consistency, no matter where we are in the aging journey. **D**

