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SiSU

GET HEALTHY KICKSTART

optimyz WOMEN'S WELLNESS

BODYWEIGHT WORKOUTS · MEAL PLANNING · SUPER SMOOTHIES

ONE

probiotic is all you need

integris
true potency probiotic

ONE clinically-proven strain,
ONE capsule, **ONE** time per day

When it comes to digestive support...

ONE is all you need. Many probiotic supplements take the "more is better" approach - combining many different strains together at exceedingly high potencies. Integris from Sisu stands alone. The difference lies in our patented probiotic strain, LP299v®, clinically-proven to support digestive and immune health.

Supported by two decades of research, Integris is unlike any other probiotic. It survives the acidity of the stomach, reaching the intestines intact, where it promotes the health of the intestinal lining. Once there, Integris further improves digestive wellness by stimulating the growth of other probiotic strains, naturally increasing gut biodiversity, while simultaneously preventing harmful bacteria from implanting in the digestive tract. The result? Optimized, more balanced digestive function, with reduced gas, bloating, and abdominal discomfort – even in those with serious digestive issues such as irritable bowel syndrome (IBS).

By delivering the right probiotic strain to the right place in the right dosage, Integris from Sisu can make a real difference in your life... day, after day, after day. True potency of 20 or 30 billion live probiotic cultures... **GUARANTEED. All in one little capsule, once a day.**

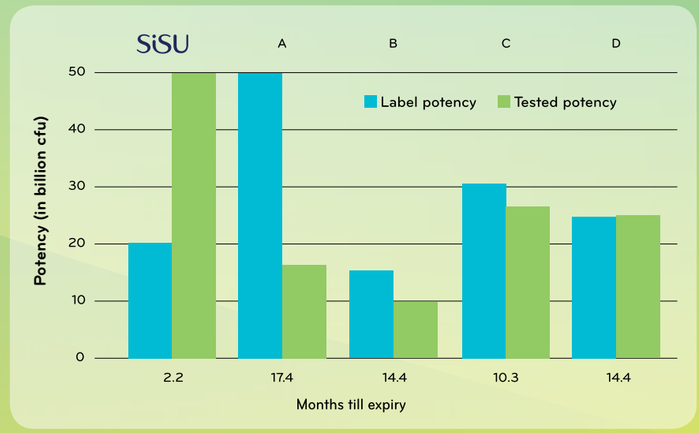
@sisuvitamins

Living proof...

not all probiotics are created equal

Probiotics have become one of the biggest categories in-store. With so many Canadians turning to probiotics for overall health, we wanted to know what was actually inside some of the best-selling, natural health probiotic brands. The result – gut wrenching.

Integris-guaranteed potency



In partnership with an independent 3rd party lab, we tested the top 4 probiotic brands in Canada, along with Sisu Integris. Aside from Integris, only 1 other brand showed test results that met or exceeded the label potency claim. In addition, the 4 other brands all had more than 10 months left to expiry, while Integris had only 2 months left. Bottom line, Sisu Integris has guaranteed potency...even at expiry.

integris - daily digestive support

- Single-strain, targeted probiotic
- Clinically-proven, patented LP299v®
- Stimulates gut flora diversity
- One-per-day dose

SiSU

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By Grace Szucs

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THE 30-DAY WORKOUT CHALLENGE

Do you have what it takes?

BY NICHELLE LAUS
MODELLING BY JENNI INGRAM
PHOTOGRAPHY BY DAVE LAUS
MUAH BY TWO CHICKS AND SOME LIPSTICK

These full-body workouts will help you build lean muscle and connective strength tissue with its mixture of circuit-style and succession-style exercises. By stimulating all your muscle fibres in a full-body workout, you will burn fat and maximize your calorie burn and gym time. For best results, do the workout three to four times weekly. To increase weight loss, on the remaining days of the week add 30 to 40 minutes of steady-state cardio. Don't forget to add rest days as needed!

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THE WORKOUT

Perform one set of each exercise and then move onto the next exercise without rest. At the end of the circuit, rest from 45 to 60 seconds, then repeat for a total of three circuits.

» For toning and muscle endurance, aim for 12 to 15 reps for each exercise.

» For increasing strength and maximizing muscular power, aim for 10 to 12 reps for each exercise.

START		✓
WEEK 1: Day 1	**Full body kettlebell workout**	
WEEK 1: Day 2	**30–40 minutes cardio**	
WEEK 1: Day 3	**Full body kettlebell workout**	
WEEK 1: Day 4	**30–40 minutes cardio**	
WEEK 1: Day 5	**Full body kettlebell workout**	
WEEK 1: Day 6	**30–40 minutes cardio**	
WEEK 1: Day 7	**Full body kettlebell workout**	
WEEK 2: Day 1	**30–40 minutes cardio**	
WEEK 2: Day 2	**Bodyweight plyometric workout**	
WEEK 2: Day 3	**30–40 minutes cardio**	
WEEK 2: Day 4	**Bodyweight plyometric workout**	
WEEK 2: Day 5	**30–40 minutes cardio**	
WEEK 2: Day 6	**Bodyweight plyometric workout**	
WEEK 2: Day 7	**30–40 minutes cardio**	
WEEK 3: Day 1	**Full body kettlebell workout**	
WEEK 3: Day 2	**30–40 minutes cardio**	
WEEK 3: Day 3	**Full body kettlebell workout**	
WEEK 3: Day 4	**30–40 minutes cardio**	
WEEK 3: Day 5	**Full body kettlebell workout**	
WEEK 3: Day 6	**30–40 minutes cardio**	
WEEK 4: Day 7	**Full body kettlebell workout**	
WEEK 4: Day 1	**30–40 minutes cardio**	
WEEK 4: Day 2	**Bodyweight plyometric workout**	
WEEK 4: Day 3	**30–40 minutes cardio**	
WEEK 4: Day 4	**Bodyweight plyometric workout**	
WEEK 4: Day 5	**30–40 minutes cardio**	
WEEK 4: Day 6	**Bodyweight plyometric workout**	
WEEK 4: Day 7	**30–40 minutes cardio**	

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FULL BODY KETTLEBELL WORKOUT

KETTLEBELL SWING
(shoulders, glutes, hamstrings and hips)

Hold a kettlebell with both hands in front of you. Engage your core and bend your knees slightly. Shift bodyweight into your heels and lower your butt back and down behind you.

Drive through your heels and explode through your hips to send the kettlebell swinging up to chest height. Achieving the finish position requires you to snap your hips and contract your core while squeezing your glutes.

As the kettlebell descends between your legs, shift your weight back into your heels while hinging at the hips and loading both the hamstrings and glutes. Repeat the transition from backward to forward by driving through the heels and hips for the desired amount of reps.

LUNGE WITH SINGLE KETTLEBELL SHOULDER PRESS
(shoulders, quads and glutes)

Hold a kettlebell in your left hand in front of you in the "rack" position (kettlebell close to your chest with the left thumb of your hand touching your collarbone and your left elbow snug into your side).

Lunge forward with your left leg, while pressing the kettlebell up.

Stand back up while bringing the kettlebell back down and repeat for the desired amount of repetitions. Once completed, repeat on other side.

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GOBLET SQUAT
(quads and glutes)

Hold a kettlebell in front of your chest with both hands, keeping your elbows close to the body. Start squatting by driving the heels into the ground and pushing the hips back until the thighs are parallel to the ground or just below. Return to standing and repeat for the desired amount of repetitions.

KETTLEBELL ROW
(back, arms and shoulders)

Grab two kettlebells and hold them in front of your body with your knees slightly bent. Pull the kettlebells towards your chest, keeping your elbows close to the body and your back straight. Lower the weights and repeat for the desired amount of repetitions.

RUSSIAN TWISTS
(abs)

Sit with your legs bent and feet on the floor, about hip-distance apart. Hold the kettlebell with both hands at the chest and then lean back on a 45° angle. Cross your feet and rotate your torso from left to right by twisting at the waist and swinging the kettlebell across the body. For more of a challenge, lift your feet off the floor. Repeat.

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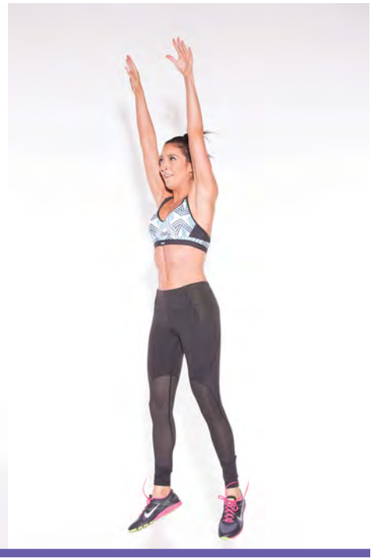
BODYWEIGHT PLYOMETRIC WORKOUT

JUMP SQUATS
(quads and glutes)

Start with your arms by your side, feet shoulder-width apart, head up and back straight. Keep your chest up and squat down as you inhale until your upper thighs are parallel or lower to the floor.

Now, pressing mainly with the balls of your feet, jump straight up in the air as high as possible, using the thighs like springs.

When you touch the floor again, immediately squat down and jump again. Repeat for the desired amount of repetitions.



WALK OUT PUSH-UP
(shoulders and core)

Standing with straight legs, bring your hands as close to your feet as possible.

Walk your hands out until they are directly under your shoulders and your body stays in a straight line. Lower your body, perform a push-up and walk your hands back to the starting position. Repeat for desired amount of repetitions.

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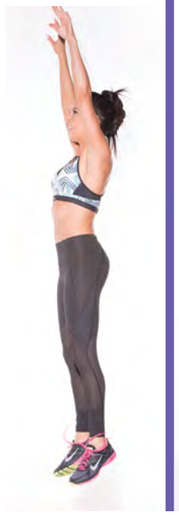
BURPEE
(arms, chest, quads, glutes and hamstrings)

Begin standing with your legs shoulder-width apart.

Place your hands on the floor and kick your legs back so you end up with your stomach and thighs on the floor. Your elbows should be bent.

From this position, press up like you're doing a push-up and push your hips up. Jump your feet under your hips and stand.

Finish the movement by jumping in the air and bringing your hands over your head. Repeat for desired amount of repetitions.



HIGH KNEES
(calves, quads, hamstrings and abs)

Stand up straight and place your feet about hip-width apart.

While engaging your abdominal muscles, quickly drive your right knee up as high as you can and back down while immediately bringing up your left knee. Continue alternating knees (you want to do it with a hopping motion), while staying on the balls of your feet the entire time. Repeat for desired amount of repetitions.

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FOREARM PLANK
(abs)

Get into the plank position. Keep your abs engaged, back straight, forearms on floor and legs extended.

Keep your hips up and abs tight. Hold for 30 to 60 seconds.

MOUNTAIN CLIMBERS
(abs and quads)

Begin in a pushup position, with your weight supported by your hands and toes. Bring one leg up until the knee is approximately under the hip. Explosively alternate the positions of your legs, extending the bent leg until the leg is straight and supported by the toe and bringing the other foot up with the hip and knee flexed.

Repeat in an alternating fashion for desired amount of repetitions.

LUNGES
(quads, glutes and hamstrings)

Stand with your feet shoulder-width apart. Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright and your front knee should stay above the front foot.

Drive through the heel of your lead foot and extend both knees to raise yourself back up. Step forward with your rear foot, repeating the lunge on the opposite leg.

Repeat for desired amount of reps.

FIND JENNI

@jenniingram

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Meal planning 101

For too many Canadians, the midday meal is either unhealthy or non-existent. Overcome unhealthy eating with a simple formula.

BY CHARMAINE MILLAIRE

Overwhelming schedules can tempt families to fall into unhealthy food options, like choosing to eat out rather than prepare and bring a nutritious lunch. The aim of the food game turns out to be convenience instead of health.

With fewer than 30% of Canadians bringing lunch from home, the rest are buying lunch from a fast-food joint or restaurant—or not eating at all. At the end of the work day, they are likely to be exhausted. By the time they get home, they won't have the energy to prepare and make dinner, let alone exercise.

Just because schedules are busy does not mean eating well has to be sacrificed. A healthy lunch of whole grain carbohydrates, protein and fruits and vegetables will fuel the mind and supply energy to the body for the rest of the day.

One way to beat last minute unhealthy choices is to create a weekly lunch plan. Having a plan will save time, reduce stress and help feed your body the nutrients it needs. So whether you're a first-time meal planner or an experienced one, this four-step guide will make life easier, lead you to better health and help eliminate the question: "what should I have for lunch?"

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Make meal prep a breeze

1. Plan ahead The first step in meal planning is to evaluate your weekly schedule. Which days are the busiest? If you don't want to plan for the entire week, planning for the busy days is the next best option. Once this is sorted out, you can begin planning a healthy lunch menu. Incorporate protein and fruits or veggies with each meal. A great tip is to start with family lunch favourites and see if there are simple ways to make them more nutritious. For example, if tuna salad sandwiches are a favourite, substitute a wrap or whole wheat bread for white bread.

2. Shop for the ingredients Once you have made your menu for the week, head to the grocery store for the ingredients. Make a list of all the specifics ahead of time so you can follow it and ensure you get everything you need. If you stick to what you need on the list, it will help you stay on track and save money.

3. Cook for the week Choose a day to prep lunches for the week. A day on the weekend is a good option. You will need only one or two hours depending on the meals you choose. A good piece of advice is to cook extra. If chicken is a popular protein in your home, cook more than you need, freeze it and take it out the following week to make wraps, salad or soup.

4. Store Once the food is made, store the meals in containers and put them in the fridge or freezer. Use separate containers for each person so everyone can grab and go in the mornings.

Tasteful tips

» Cut back on sugary drinks by preparing a pitcher of fruit water—water infused with fresh fruit. Try berries and lemon!

» Try containers with separate compartments (bento boxes). These containers are more convenient than packing lunch in multiple containers and plastic baggies.

» Download the Flipp app or go to Flipp.com to gather flyers from grocery stores near you so you can see which store has the items on your list for less.

Snack ideas

» Create your own trail mix with nuts, seeds, Dried fruit, dark chocolate chips, shredded coconut
» Apples and peanut butter
» Plain popcorn
» Berries and almonds
» Dry roasted chick peas

Easy lunch ideas

Choose one from each category to create a healthy lunch box:

Protein and starch

» Turkey, spinach and Swiss wrap
» Almond butter and banana sandwich on whole wheat bread
» Chicken breast and baked sweet potato
» Two hardboiled eggs and cheese and crackers
» Naan bread and hummus
» Tofu and brown rice
» Teriyaki chicken and rice noodles

Vegetables

» Brussel sprouts
» Carrots
» Spinach
» Bell peppers
» Cherry tomatoes
» Broccoli
» Green beans
» Corn
» Asparagus

Fruit

» Banana
» Apple
» Grapes
» Mango
» Strawberries
» Kiwi
» Blackberries
» Pineapple
» Avocado

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Super smoothies

Blend up your own whole-food elixirs with these unique recipes.

TEXT AND PHOTOS BY GRACE SZUCS

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» HEALTHFUL GOURMET

Sweet tooth

Fear not, the sweetness of this refreshing smoothie is sourced from whole fruits including one of the more trendy superfoods: Lúcuma (*Pouteria lucuma*). This golden Peruvian fruit contains beta-carotene, iron, zinc, vitamin B3, calcium, fibre and protein. It comes in a powdered form and is a low-GI sweetener, meaning it won't give you the spike and crash that white sugar or high-fructose corn syrup do. On its own, lúcuma tastes like something between maple syrup and caramel.

Lúcuma

This golden Peruvian fruit contains beta-carotene, iron, zinc, vitamin B3, calcium, fibre and protein.

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SERVES 4 | PREP 15 MINS

INGREDIENTS

- 1 cup apple juice
- 1 cup water
- 1 navel orange, peeled
- ½ banana, peeled
- ½ cucumber
- 1 tsp fresh lemon juice
- 1 Tbsp fresh fennel fronds
- 1 Tbsp chopped fresh ginger
- 1 Tbsp **LÚCUMA POWDER**

DIRECTIONS

Add all ingredients to a blender and mix to desired consistency.

Nutritional value (per serving): Calories 110; Fat 3g; Carbohydrates 28g; Protein 1g

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Verdant

At last, a green smoothie without spinach. Green tea, basil and moringa (*Moringa oleifera*) give this drink its deep, rich colour and the peaches are a subtle reminder of summer days. Moringa is rich in protein, calcium, iron, vitamin C and antioxidants. Guyusa tastes like green tea without the bitterness. Its naturally high caffeine content offers a ton of jitter-free energy along with twice the antioxidants green tea provides.

SERVES 2 | PREP 15 MINS

INGREDIENTS

- 2 cups cold guyusa or green tea
- 2 cups frozen peaches
- 1 Tbsp chopped fresh basil
- 1 tsp lemon juice
- ½ tsp cinnamon
- 1 Tbsp **MORINGA**
- 1 Tbsp maple syrup (optional)

DIRECTIONS

Add all ingredients to a blender and mix to desired consistency.

Nutritional value (per serving): Calories 228; Fat 1g; Carbohydrates 24g; Protein 2g

Moringa

Moringa is rich in protein, calcium, iron, vitamin C and antioxidants.

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Big fat energy drink

High-fat breakfasts are making a comeback, but this time the key is to have *high-quality* fat. Coconut oil and sunflower seed butter deliver instant, long-lasting energy. Chlorella, a freshwater algae, provides a boost of antioxidants and iron. That, plus the protein content of this smoothie make it ideal for vegan and vegetarian women.

SERVES 2 | PREP 15 MINS

INGREDIENTS

- 1 cup nut milk
- 1 banana, peeled
- 2 shots espresso or ½ cup coffee
- 1 Tbsp sunflower seed butter
- 1 Tbsp liquid coconut oil
- ½ tsp cinnamon
- 1 to 2 tsp **CHLORELLA**

DIRECTIONS

Add all ingredients to a blender and mix to desired consistency.

Nutritional value (per serving): Calories 314; Fat 20g; Carbohydrates 36g; Protein 9g

Chlorella

Chlorella, a freshwater algae, provides a boost of antioxidants and iron.

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