

LIVE IT!

**FOOD
FASHION
FITNESS
TRENDS**

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Go to theprovince.com/liveit for health & fashion

Julia Havey lost 150 pounds and has kept it off for 15 years. Now she's offering her successful diet book (which gets a thumbs-up from Dr. Oz) free online. Read more at theprovince.com/liveit



Check out red-carpet hits and misses at events leading up to the Golden Globe Awards

New year, new you



Susie Wall

STYLE FILE

If only new year's came mid-summer: eat more watermelon, choose only breezy caftans that best flatter your glow and learn to self-pedi like a pro.

Welcome to The Great Divide — the span of time between early January and the beginning of spring has to be the least inspiring on the calendar for following through.

The air is cold, you're completely over your chalet chic sweater collec-

tion (which, until two months ago, you were obsessed with) and Valentine's is forever away.

So what to do?

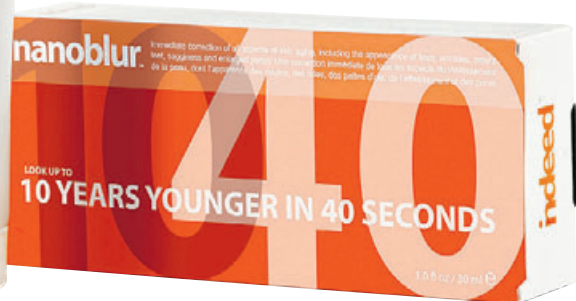
Dig deep, doll face. Whether it's a workout plan (be sure to check out my cute-like-crazy picks for fitness fashion next Tuesday), tossing your wire hanger collection (mandatory, in my books), or switching from processed to Power Foods, if you can make it until month's end, sky's the limit baby.



My most crucial wardrobe lesson? Pack chic flats in your purse. Meet my faves - The Metro flat by Spare Soles (\$29.99 U.S.) folds into a tiny pouch but still has soles strong enough to chase down a taxi cab. Available in a variety of styles and shades at sparesoles.com.



Thanks to light-reflecting technology, you can take off 10 years in seconds with cult status nanoblur (\$19). Buy online or in store at BeautyMark in Yaletown (beautymark.ca).



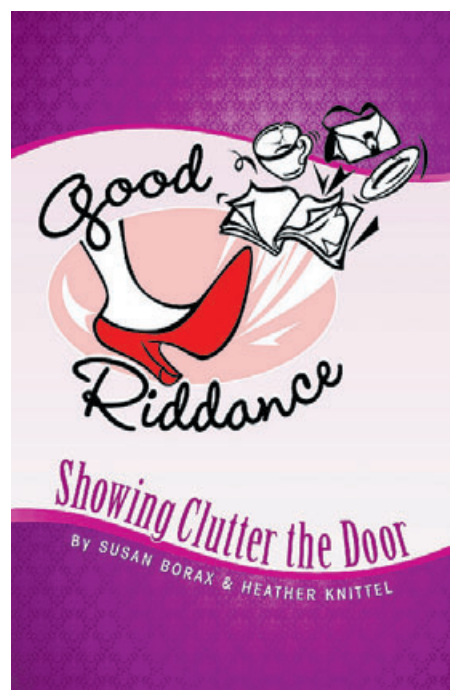
Rejuvenate your senses with Elixo by Domo — a tea-based drink that dissolves in hot or cold water and will make you feel refreshed and totally absolved of any holiday transgressions. Available at all Urban Fare stores (approx. \$10.99 per 120 g) or visit domotea.com.



Dear twenty and thirty-somethings: combat the first signs of aging with Shu Uemura's Red Juvenus (\$120), available at Holt Renfrew.



Love the waistline toggle on this yoga layering tank (also in black, coral and silver) by Joe Fresh Style \$19.



Get a jump on Spring cleaning with this hilarious, helpful read. **Good Riddance: Showing Clutter the Door** identifies 101 culprits of household clutter. For retailers or to order directly visit goodriddance.ca