

GLOW.CA

CANADA'S BEAUTY EXPERT

glow

87
COOL
BEAUTY
FINDS

WHY
**RED
LIPS**
STILL RULE
THE
WORLD!

WHAT'S
NORMAL
...DOWN
THERE

AN AMAZING
**MASCARA
TRICK FROM
KARLIE
KLOSS**

*spring
fever*

- RUNWAY #TRENDING REPORT
- HAIR UPDATES YOU NEED TO TRY NOW

\$3.99

APRIL 2016

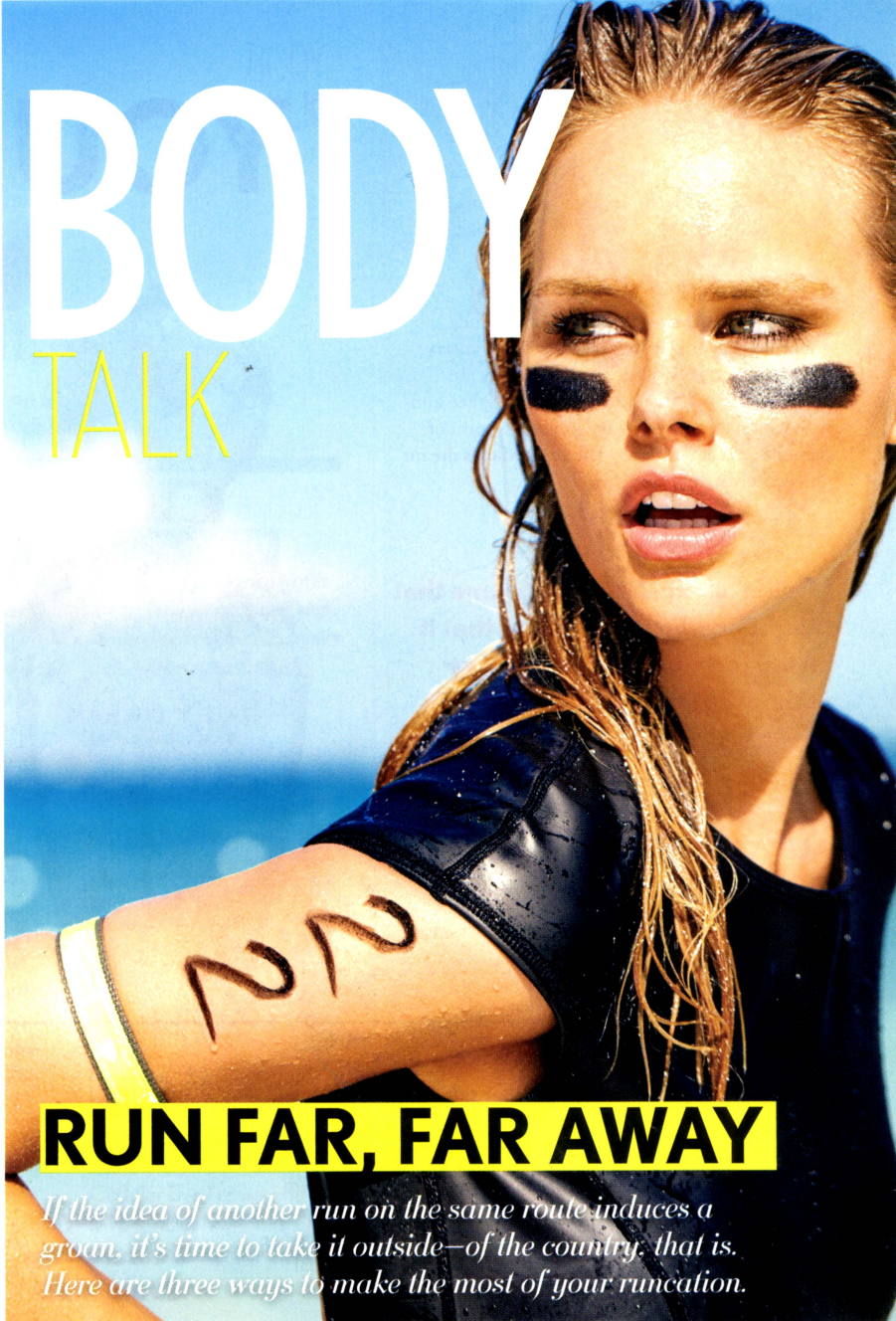


HEALTH EDITOR'S NOTE



LOOKING TO LIVEN UP YOUR FITNESS REGIME? WHY NOT TAKE A RUNCATION? WHILE YOU'RE AT IT, GET INSPIRED BY SOME OF THE BIGGEST GLOBAL HEALTH TRENDS AND SO MUCH MORE. —Lisa Hannam

BODY TALK



RUN FAR, FAR AWAY

If the idea of another run on the same route induces a groan, it's time to take it outside—of the country, that is. Here are three ways to make the most of your runcation.

DESTINATION RACES are a thing. That's what I told myself on a plane last winter when I headed to the Barbados Marathon Weekend (runbarbados.org). It ended up being the most beautiful 5K I ever ran. It was still a holiday, thanks to the picturesque Crane resort—which was the perfect post-race reward. (If you're in Barbados, you *must* also visit Cutters for the rum punch and Daphne's beachfront restaurant, where you may run into RiRi.) Inspired to bring your runners on your next vacay? Here's how to elevate your runcation experience:

1. TRAIN HARD My race was more challenging in the Caribbean heat than my cool runs at home were. Nike Run Club coach Inge Boerma says to prep with more intense training at home (read: longer distances), so your body is tough enough for the temp jump when you're away.

2. CHOOSE A FUN RACE AND DESTINATION Check out the race route for tourist sights, and see if you can opt for a package deal that will help you create an itinerary of what to do on your non-running “rest” days. To find out about the atmosphere, click on the run's hashtag to see real-people pics.

3. PACK SMART Don't try new gear or products on race day. “Stick with what you know,” says Boerma. Karen Kwan, of healthandwellness.com, packs a body balm, water-resistant sunscreen, sunglasses, facial wipes, kinesiology tape, electrolytes and joint-relief supplements in her carry-on.

GLOW'S RUNCATION PICKS:



Simple Micellar Makeup Remover Wipes, \$11 for 25 wipes

Stylize UVA-UVB Active Sunglasses, \$20



Life Brand Electrolyte Maintenance Powder, \$11 for 8 sachets



KT Tape, \$24 for 20 strips (strips from two rolls shown)

6.4 kg
That's how much chocolate (equalling 14 lbs) Canadians, on average, eat in a year, reports KPMG.



Lindt Gold Bunny, \$8 for 100 g



Cadbury Oreo egg, \$1.50 for 34 g

MAIN PHOTO: TRUNK ARCHIVE/ARTHUR BEBEAU; EDITOR'S PHOTO: ALVARO GOVEIA; HAIR AND MAKEUP: CIA MANDARIELLO/PIIM.CA; STYLING: MICHELLE PIANO/JUDY INC.COM; PRODUCT PHOTOS: CARLO MENDOZA