

BEST FRIENDS MAKEOVER

Canadian Living

SMART SOLUTIONS FOR EVERYDAY LIVING

SAVE!

- Make It Tonight for Less
- Cut Your Taxes!
- Dress with Style
6 Outfits = \$230

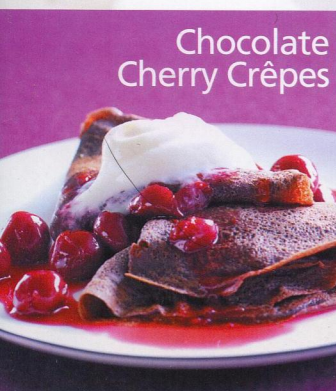
HUGS, KISSES & DINNER FOR TWO

CHEAP & CHIC DECOR

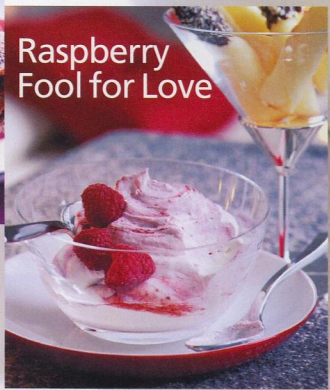
80+ BEAUTY BARGAINS



Simple Pleasures



Chocolate Cherry Crêpes



Raspberry Fool for Love

Try our cover recipe

Parmigiano-Reggiano-crust
Chicken Fingers with
Honey Mustard Sauce
Recipe, page 94

\$3.50
FEBRUARY 2007



DOWN HOME ON THE ROCK WITH SEAMUS O'REGAN

The New Casualwear

No longer just for the gym, activewear has upped its fashion status with more flattering cuts and styles.

BY KAREN KWINTER

Tank Tops

Zip-Ups

Workout



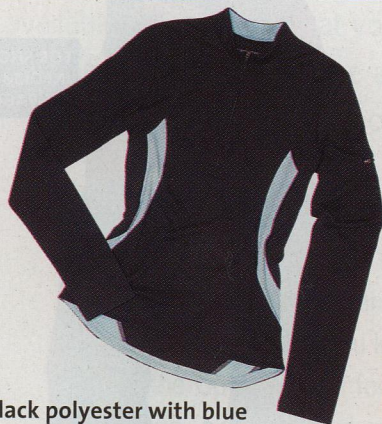
Teal lyocell/Lycra, Oqoqo, \$48.



Grey Supplex/nylon, Joe Fresh Style, \$29.



Coral print polyester/Lycra, Lolè, \$52.



Black polyester with blue detail, La Senza, \$49.50.



Dusty purple nylon/spandex, Stella McCartney for Adidas, \$110.



White nylon/spandex, Karma Athletics, \$100.



A great workout outfit may serve as the extra motivation while exercising.

White nylon/spandex tank top, \$55; beige nylon/spandex capri pants, \$80. Both Karma Athletics. White leather shoes, Town Shoes, \$120.