

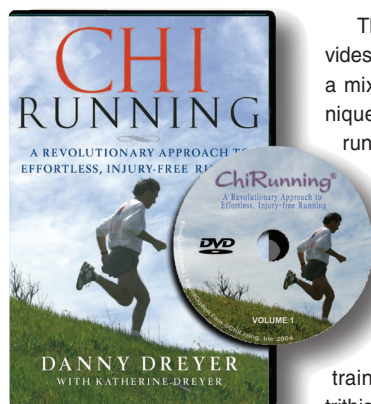
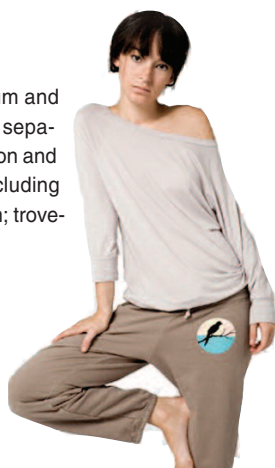
# Get It, Got It, Good!

## IN GOOD HEALTH

by ELYSE GLICKMAN

Keeping those resolutions related to maintaining one's body, mind and soul may not be easy, but these might make it easier for you to stay on track.

**Trove**, designed by Carly Mandelbaum and Jesse Burnett, includes yoga-perfect separates that are 100 percent organic cotton and available at Planet Blue stores, including Westlake Village. (shopplanetblue.com; trove-clothing.com)



The **ChiRunning Book and DVD** provides runners with safer running, thanks to a mix of Tai Chi, Yoga and Pilates techniques that bolster the healthy effects of running while reducing the risk of injuries. Better still, it's cheaper than a month of gym fees, less than half the cost of an hour with a personal trainer and (via the DVD) is easy enough for the entire family to learn. (\$21.95, chirunning.com). Also available through Valley-based trainer Steve Mackel, (818) 414-9181 or trithiscoaching.com.)



**Oakley** has collaborated with snowboarding star **Gretchen Bleiler** to create a dream line of technical outerwear and lifestyle apparel made from eco-friendly materials, available at Oakley O Topanga Plaza and Glendale Galleria. (oakley.com)

If your time and purse or briefcase space is limited, **Yoga Paws** provides you with the padding you need for a safe workout without the bulk of a mat. Yoga Paws are made from eco-friendly materials, in sizes for women and men. Available online and at Drishti in Santa Barbara. (\$35-\$46, yogapaws.com)



Stretching, breathing and meditating make yoga a highly personalized kind of workout — so it's fitting that **Yogamatic** allows you to design a custom mat with an image from their online gallery or one of your own. The mat is made with sustainable materials that are free of latex, rubber or toxic materials. Yogamatic donates 5 percent of profits from each mat to Global Green USA, the only national environmental nonprofit headquartered in Southern California. (\$85, yogamatic.com)

