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Belles of the Blog

Be merry with BeThree's tips for a healthy holiday season.

One of our favorite daily rituals is reading the morning e-blast from BeThree.com. The Boulder-based site's savvy, snarky blurbs about the latest in healthy living (ladies, think DailyCandy for the mind-body-spirit set) never fail to delight. We asked BeThree's leading ladies, Lindsay Yaw (bottom right) and Lauren Cook, for tips to survive the holidays, Colorado-style. —CHERYL MEYERS



Avoid Holiday Hangover Hell

Was that you downing eggnog like water at the company party last night? Before you head to work and deny rumors of your karaoke stylings, perk up with a Boulder-made, antioxidant-rich Mix1 smoothie beverage (\$1.99-\$2.69, www.mix1life.com).



Take 10 with Morning Zen

Your holiday to-do list rivals Santa's. Don't freak. Instead, treat yourself each morning to 10 minutes of Zen through an at-home yoga session with CorePower Yoga's On Demand Yoga (\$14.95 per month, www.corepoweryoga.com), which streams video right to your laptop.



Beat the Chill

If you want to cozy up after shoveling the driveway, take a warm shower using Pangea's organic Malagasy Cinnamon Cassia With Cloves soap (\$8, www.pangeaorganics.com). Made specifically to invigorate your mind and warm your body, the soap is cold-processed to keep its healing properties.



Don't Just Layover and Standby

So your flight out of DIA got delayed—shocking. Don't just sit there. Check out Airport Gyms (www.airportgyms.com) for a list of fitness centers in or near domestic airports. You'll have to pay a small fee (\$5-\$25), but being able to move the bod before crunch time in the middle seat on the red-eye? Priceless.



Relax with Superb Herbs

Stressed about last-minute shopping? Try White Dove's Emotional Rescue Herbal Elixir (\$10.99, www.rockymountainherbals.com). Handy, on-the-go single servings of an oat seed/St. John's wort/chamomile blend naturally decrease anxiety, sans drowsiness.



for busy people trying to eat healthy

