

beauty



Fitbit Flex – This handy device tracks steps, distance and calories burned as well as your quality of sleep. It is also the first and only wristband to sync via Bluetooth to your smartphone or Android device as well as your computer. A variety of colours are available. \$99.95, fitbit.com.

raise the bar

Eating well and exercising is key to feeling your best on your wedding day. But what's a bride to do if she's short on time? Here are our top picks for nutritional supplements and workout products



Tony Horton's 10 Minute Trainer – This box set includes different training modules and all the tools you need to get toned when you don't have a lot of time. \$89.99, beachbody.com.



For her go-to snacks, Toronto nutritionist Simone Finkelstein recommends **Lara Bars** (\$1.49 each, larabar.com). "They are all natural and literally have between two and five ingredients, all of which you can understand." She also likes **KIND Fruit and Nut Delight** bars (\$1.99, Kindsnacks.com). "These are a healthy and all-natural snack option." Other great snacks for brides on the run: hard boiled eggs, natural peanut butter with apple and hummus with veggies.

USE TOGETHER,
AND **WHITEN**
YOUR SMILE

2 IN JUST
DAYS*



Crest 3D White toothpaste fights cavities

*whitens by removing surface stains.



3DWHITE

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