



Photography courtesy Spartan Race Inc.



# Summer Issue

JULY/AUGUST 2019

## SPONSORED CONTENT FEATURE

Annual Business Profiles

## Editorial Lineup

### COVER FEATURE

- Lindsay Webster (left) – Canadian 3x Obstacle Course Racing World Champion

### GEAR

- Trail running shoe review
- Canadian manufactured swimwear you can actually swim in

### TRAVEL

- Active travel in France: cycling, running, hiking

### RUNNING

- Trail running tips

### WORKOUTS

- Be ready for summer with full-body workouts

### FITNESS

- 5 Ways to stay active on vacation
- Hot summer fun with water-based endurance events: Aquabike, SwimRun, Aquathlon & Endurance Swimming
- Become a better freestyle swimmer

### HEALTH & WELLNESS

- Sitting Disease: what it is & how to avoid it
- Best vitamins for lush hair & glowing skin

### SPORTS MEDICINE

- Don't pee on the trampoline! Pelvic physiotherapy advice
- What to do about shoulder injuries

### FOOD & NUTRITION

- Is a raw vegan diet for you?
- Collagen boosters for plant-based eating
- Best vegan burgers for cool summer eating
- Raw vegan treats for summer

### ATHLETES WITH IMPACT

- Inspiring stories of people who overcome personal challenges through the power of health & fitness

# IMPACT MAGAZINE

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