

pilatesstyle
live life to the core



AIYA MATCHA TO GO
Tote a single-serving packet in your purse or gym bag for an antioxidant-rich pick-me-up (\$18.80 for 10; www.aiyamatcha.com).

OUTSMART YOUR WILLPOWER > 25 EASY STRATEGIES TO DROP POUNDS

pilatesstyle
www.pilatesstyle.com

SPECIAL: THE BEST OF PILATES STYLE
TOP 59 EXERCISES OF ALL TIME
TONE UP EVERY INCH!

HAPPY (PILATES) HOLIDAY!
69 GIFTS FOR EVERYONE
THE ULTIMATE GETAWAY

DON'T UNDO YOUR HARD WORK
WHAT TO EAT POST-WORKOUT

PLUS: MOVES FOR BONE HEALTH

MOTIVATE ME
6 WAYS TO STAY ON TRACK



GUIDE TO FOOD

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THE MASON JAR COOKIE COMPANY
GLUTEN FREE BERRIES 'N' CHOCOLATE COOKIE MIX
Just add an egg and vegan butter to the gluten-free mixture to create two dozen delights (\$17.99 for 20.2 ounces; www.masonjarprovisions.com).

CONSUMOR LEMON ZEST MADELEINES
These zippy, buttery goodies are a classy way to gift faraway friends (\$11 for 24; www.consumor.com).

URBAN REMEDY BEAUTY KIT
Brighten skin and reset eating habits with three days worth of raw and organic freshly pressed juices, salads and snacks (\$20.99; www.urbanremedy.com).

ZHENA'S HOLIDAY TEA STACKABLE
All four flavors—Peppermint Mocha, Gingerbread Chai, Sugar Cookie and English Toffee—are organic and caffeine-free (1.99 for 16 tea bags; www.zhenas.com).

ELEMENT DARK CHOCOLATE RICE AND CORN CAKES
The vegan, non-GMO treats are made with pure Italian chocolate and hormone-free yogurt (\$45 for 12; www.elementsnacks.com).

