

Live Lightly!

ANDREA ROBERTSON

Fitness and lifestyle consultant, Body and Balance

Known around town as yoga instructor to Sens captain Daniel Alfredsson, fitness guru Andrea Robertson combines tough as nails with bubbly and positive but isn't afraid to voice her opinion about environmental waste and over-consumption. For Robertson, cleaning up means strong core muscles — as well as a solid set of core

values that include buying local and biking to work. Whether she's getting down at Upward Dog, kicking butt at her twice-weekly boot camps, or gaining momentum at her Alcatel spinning classes, Robertson does her utmost to make the healthy, active lifestyle look like a whole lot of fun.

New Year's resolution: To continue making a conscious effort to cut back on my own consumption — and bringing awareness to others and getting corporations on board. I've also resolved to slow down and take time to enjoy my surroundings and passions.

I'll be ringing in the New Year: Hanging out in the Bahamas with girlfriends or snowboarding in Whistler.

In six months, I'll be: Back in Ottawa after spending two weeks hosting a yoga retreat in Costa Rica (www.animar.ca). Yoga, surfing, massages — come play!

My secret weapon: Eight hours of sleep a night, a balanced diet, outdoor training — and a five-minute anti-aging headstand — every day.

You can catch me: If you can! At Alcatel, teaching yoga and spinning; at Upward Dog, teaching Power Core; at the Firehall Community Centre in Old Ottawa South for Runner's Yoga; and at EDC, for running and boot-camp groups. Check out my full schedule here: www.bodyandbalance.ca/id1.html.

