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Be Happy. Be Well. Be You. The 20th Anniversary Wellness Show.

VANCOUVER, BC: New Rave Productions presents **The Wellness Show**, the largest trade show in Western Canada dedicated to helping you to live a more balanced and holistic lifestyle. This year's **Wellness Show** marks their Twentieth Anniversary, and takes place February 17-19, at the Vancouver Convention Centre.

To assist you getting through the holidays, some exhibitors from **The Wellness Show** are sharing Wellness Tips for the Holiday season with you.

From Dr. Karen Lam, Traditional Chinese Medicine

Health and healing comes from a place of caring. Every person has a voice that needs to be heard, a heart that needs to be nourished, and a spirit that needs to be honored.

Wellness Tips for your Body from Integrative Healing Arts: <http://www.integrative.ca/>

1. Stay hydrated: While the season brings much Yuletide cheer don't forget that your body needs about 2 liters of water to stay healthy and function properly. So between mugs of nog include a glass of water, you'll thank yourself the next day!
2. Don't show up hungry: skipping meals and over eating will throw off your metabolism and make that New Years weight loss resolution even harder to achieve.
3. Keep your body moving: make time in your busy festive season for exercise. Not only is exercise a proven stress buster but it will help make up for some of the holiday indulgence.
4. Use a small plate: this age old trick has been around since the reindeer were fawns but it still works. Fill only a small plate, eat slowly, and chew your food; research shows that people eat almost 60 percent less when they put their food on smaller dishes.

Wellness Tips for your Mind from the the BC Psychological Association:

<http://www.psychologists.bc.ca/>

1. Keep expectations reasonable. Family members will not suddenly get along perfectly just because it's the holidays. At least one argument is probably going to happen, so accept that, and move on.
2. You can, however, try to minimise the chances of conflict by, for example, keeping events brief, assigning tasks (e.g., looking after the kids while others make dinner), and/or having planned activities, like decorating cookies. Simplest of all is asking people what they would like to do and feel comfortable with.
3. Don't over-plan. If you or those around you are exhausted because too many activities have been going on, everyone will be that much more likely to be irritable and difficult. Have down-time, with puzzles, quiet games, traditional family movies, and so on.

Wellness Tips to Help You Look Your Best

From Earth Lab Cosmetics: <http://www.earthlabcosmetics.com>

1. Use an illuminating eye shadow such as our “Eyebright,” all over the eye from lid to brow line and then just a little in the corners--your eyes will pop!
2. Using a nice natural bronzer will perk up just about anyone! Blend bronzer on each cheek bone then a little across the forehead and through your t-zone for that perfect touch-of-sun look.

From Affera Cosmetics: <http://www.earthlabcosmetics.com>

Sunblock is incredibly important to wear every day, even in the winter. One option is Affera's 100% Mineral Foundation, as it contains a naturally occurring sunblock without the chemicals. It is also water resistant so it will last in the hot tub after a day of skiing!

Wellness Tips for your Soul from Michael D’Alton: www.daltonsbio.com

Create a December gratitude journal and each day mark down some things that you are grateful for in 2011. Appreciation is the best way to shift any holiday blues and raise your energy vibration while boosting your immune system.

Wellness Tips for your Kids from Mike Howard: www.thefitchild.com

1. Wii Tournament!: Have a fun active games night if you have a gaming system to accommodate (wii, knex), etc. Wii boxing burns a decent amount of calories and several vigorous games of rock band is never a bad thing.
2. Dance Party: Crank the music and get your kids to show you their stuff! If they are too young to know how embarrassed they should be by you, show them your stuff too, mom and dad!
3. “Commercial Challenge”: I know, most people “PVR” nowadays but pause shows every 10 minutes or so and set up a physical challenge with your kids like a push-up contest, 100 jumping jacks or a game of flip the bear (dad or mom on the floor on all fours while kids try and knock them over).

The Wellness Show runs from Friday, February 17, through until Sunday, February 19 at the Vancouver Convention Centre, East Building Exhibit Hall B & C, 999 Canada Place. Tickets are: \$16.00 (General Admission), \$14.00 (Seniors & Students), \$6.00 (Children 6-15), and for FREE (Children 5 Years & Under), 3 Day Passes are available for \$30. Tickets purchased online are only \$12.50.

www.thewellnessshow.com

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