

where *lifestyle* meets your home

THE SPRING ISSUE

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in every issue

STAND UP

for Your Health

By Rachel Naud

Sitting is the new smoking according to many health professionals. Evidence shows that sitting for prolonged amounts of time can increase your risk for obesity, diabetes, high blood pressure, high cholesterol, certain cancers and joint pain. This isn't exactly great news for anyone with an office job. In fact, Canadian adults spend three-quarters of their day either sitting or reclining, according to Dr. Mark Tremblay, director of Healthy Active Living and Obesity Research at the CHEO Research Institute in Ottawa. Want to take action? Consider a standing desk, or better, an adjustable one that can be used for sitting or standing. The Sequel Lift Desk from BDI fits the bill. Beautiful to look at and simple to use, it can be raised and lowered between sitting and standing heights using a digital programmable user-assigned keypad. \$1,399 - \$1,599, bdiusa.com

Fiscal Fitness

By Lily Slain

To celebrate the beginning of a fresh new year, indulge in organizing your personal statements. Set up a simple system with folders for various categories: bank statements, charitable donations, RRSP information and so on. If you work at home, include folders for items like utilities, rent or mortgage payments and home insurance. Next year, file receipts as you receive them, and you won't ever have to search your home for missing paperwork again. No need to cram an industrial steel filing cabinet into your living space.



Treat yourself to an elegant and compact oak desk cabinet. (\$290, muji.ca)



This cushion-topped, lockable Offices to Go pedestal cabinet does double-duty as office seating. (\$235.99. Cushion: \$66.99, grandandtoy.com)



Even more minimalist is Safco's mobile mesh file trolley (\$61.99, grandandtoy.com)



Pretty and portable, Pendaflex's Colour Wave expanding files look great on any bookshelf. (\$14.84, staples.ca)