

JOINT CARE 2018

YOUR GUIDE TO A BALANCED LIFESTYLE

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**DETOX
YOUR
MIND**

Alternative
**SOLUTIONS
FOR JOINT
HEALTH**

**BUILDING
WITH
BALANCE**

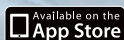
*Tone your legs and
glutes in tandem*

EXCLUSIVE

**ELISABETH
RÖHM**

*MOTHERHOOD, MEDITATION
AND THE MEANING OF LIFE*

A ROYAL ENGAGEMENT
Recipes with a royal twist



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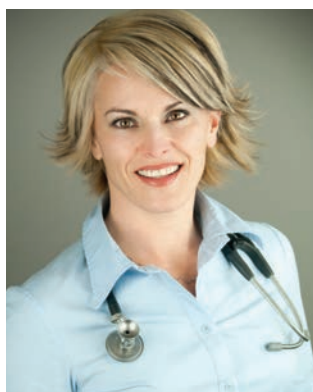
CONTRIBUTORS



◀ **RED BARRINUEVO**

Toronto-based, award-winning Interior Stylist, Red Barrinuevo is an Interior Decorator and Principal of Redesign4more, servicing clients in Toronto and the GTA. The firm's known for enhancing and creating stylish yet functional spaces through their creative home staging and interior styling services.

www.redesign4more.com



◀ **JOYCE JOHNSON**

Dr. Joyce Johnson is a licensed naturopathic doctor who practices in Belle River, Ontario. The mother of three not only educates the public about naturopathic medicine, but she trains hundreds of health-care practitioners across North America about various health issues and natural health product issues, including guidelines about diet, supplementation, and integration of pharmacological and natural therapies. She is also a regular radio and television guest.



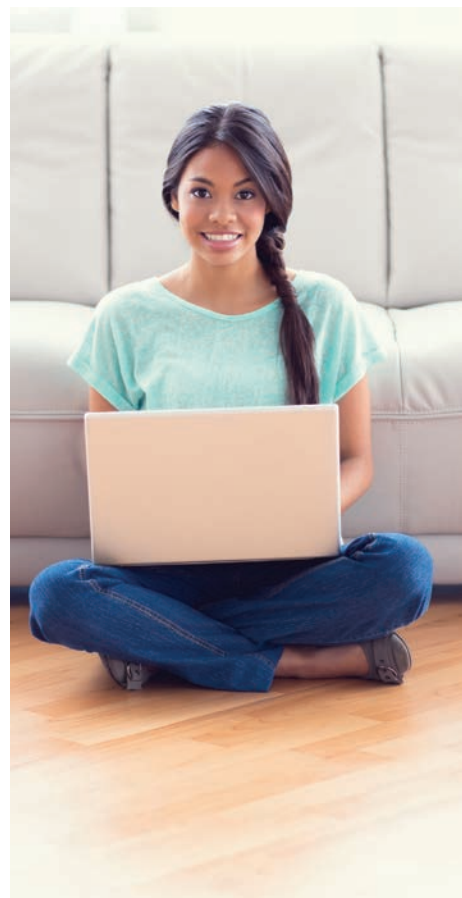
◀ **BONNIE SIEGLER**

Viva's Los Angeles, California-based Entertainment Director Bonnie Siegler has been covering the celebrity circuit for more than 15 years. Her resume includes two books that combine her knowledge of celebrity living, entertaining and her unique sense of style. Siegler has contributed to magazines including *Elle*, *In Style* and *Shape*, and has appeared on entertainment news shows *Extra* and *Inside Edition*.



◀ **MIKE WHITELEY**

Mike Whiteley is an internationally recognized health and fitness specialist and athlete with a global client base. With over 19 years of experience and research in fitness and integrative health, he has transformed many lives, and continues to do so. Through his gym in Toronto and health and fitness coaching website, Protrainerlive.com he has helped thousands of individuals to maximize their physical performance and physiques. The key to his success with his trainees is through his unique "Fingerprint Philosophy for Fitness Transformation", which has three principles: Think right—Eat right—Train right.



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THE WELL-STYLED HOME

PROVEN STYLING TIPS FOR A POLISHED INTERIOR

BY RED BARRINUEVO | WWW.REDESIGN4MORE.COM





TIP: Artwork is a great way to incorporate colour without commitment!

When planning where to place furnishings and accessories - like art - look for the room's natural focal point, and focus attention to that. A focal point is a place for the eye to rest. This could be a fireplace, a window or an interesting architectural feature. If your room doesn't have one, make your own! Stand in the doorway, look into the space and see where your eyes naturally land. This is most likely your room's focal point, and a good place to focus your furniture arrangement.

Now that you've identified the obvious attention-grabbers in your space, consider the background elements, such as lighting and flooring.

The most beautiful furnishings and artwork will be lost without proper lighting. A good lighting plan includes elements of ambient, task and accent lighting, and layered at a variety of heights - floor, tabletop, sconce and ceiling.

Underfoot, stylists typically use rugs to highlight a room, increase visual impact, or to create division and definition within an open-concept layout. With that said, resist the urge to overuse rugs. They've certainly become a trendy piece, and are even appearing in layers, with one overlapping another. Tread carefully, as it's a fine line between just enough and over-the-top.

Last but not least, plan your accessories. Be selective; choose pieces that make you smile, help tell your story, or inspire you in some way.

One of my go-to tricks is to arrange accessories in odd numbers. Don't ask why this works, it just does. There's something visually pleasing about groupings of three or five. To add more interest, use books or stacked magazines to vary height.

A beautifully styled space is a careful balance between the big, obvious pieces that attract the eye, and the small, subtle details that evoke good feelings. If you walk into a room and something seems "off," explore the elements above and you'll likely find the missing link. When all the elements in a space work together, a room becomes "home." **VM**

The trend of home staging has picked up momentum in recent years. As a stylist, I can certainly appreciate the basic principles behind a well-staged home, whether you're planning to stay or sell your home. Rule #1 is, you only have one chance to make a good first impression.

Here are some of my favourite styling tips to ensure you make a lasting impression, for all the right reasons.

Step one is to view your home from the street. What's the first thing you see? Bingo - the front door! This can be just the right feature to invite guests in or send them running for the hills. Choose a vibrant colour that sets your home apart from the rest, and ensure the hardware is bright and buffed. Finish the entry with colourful potted plants on either side for the ultimate welcome.

Next, assess everything you see inside the home, from the walls and furnishings to the accessories, because even the seemingly minor details matter.

A neutral colour palette is easy to work with and has wide appeal. This applies to your walls and furniture - particularly the big, expensive items that won't be frequently replaced. Then, incorporate colour through your accessories.

