

June 2010 Shape Magazine Featuring NRS Team Member Elaine Campbell & NRS Sierra Board Shorts.



“WHAT I CAN’T LIVE WITHOUT”
NRS Sierra Board Shorts
 (\$40;nrsweb.com) “I wear these when I practice and compete because they dry in less than 20 minutes.” -Elaine Campbell

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OUR FITNESS INSPIRATION

“how I rule the river”

Want to go from weekend warrior to pro athlete? Freestyle kayaker Elaine Campbell proves it's possible. Seven years ago, the 29-year-old Massachusetts native took a whitewater paddling class and got hooked. Since then she's honed her playboating skills (think flips and tricks done in rapids) and placed in half a dozen tournaments. This month she'll compete for a U.S. national team spot. Follow her tips to be an ace in your favorite sport (even if you're keeping your rookie status).

“WHAT I CAN'T LIVE WITHOUT”

NRS Sierra board shorts (\$40; nrsweb.com) “I wear these when I practice and compete because they dry in less than 20 minutes.”

Wavesport Project 45 kayak (\$925; wavesport.com) “This is super lightweight and easy to paddle, and it turns on a dime.”

Nature Valley Oats 'n Dark Chocolate Granola Bars (\$4; grocery stores) “My favorite workout snack!”

Astral Bella PFD (\$157; altrec.com) “I love that this life jacket has a sports bra built into it to give extra support over my swimsuit.”

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HER WORKOUT

From April to September, Elaine paddles for five hours a day to prepare for tournaments. In the off-season she enjoys boxing and lifting.

THE EXERCISE SHE LOVES

“This torso rotation keeps my core strong, which is key for kayaking,” says Elaine.

TRY IT Anchor the center of a handled resistance tube to an object at thigh level and place a stability ball 2 feet in front of it. Sit on ball facing away from tube, knees bent and feet on floor. Rotate torso to left and hold a handle in each hand, palms facing each other and elbows bent 90 degrees. Twist to right, straightening arms as you turn, to face forward; hold and repeat. Do 12 reps, then switch sides.

“3 RULES I LIVE BY”

- ✓ Nosh smarter “I think of eating like a bank account in reverse; I try to ‘spend’ every calorie I deposit.”
- ✓ Teach what you love “I’m a kayaking instructor, and seeing my students’ enthusiasm renews my excitement for paddling.”
- ✓ Get active together “I met my husband kayaking; we bonded because of our shared passion for the sport.”