



IBEX

## El Fito 3/4 Bib

MSRP: \$145

Ibex has added bib straps to its 3/4 knicker, making it ideal for chilly rides. The 13-panel knicker's fabric consists of 92 percent merino wool, 6 percent nylon and 2 percent spandex. It's warm, but not hot, and it stretches with the movement of your legs without feeling baggy. Panels in the seat and behind the knees are 87 percent polyester and 13 percent spandex, offering great freedom of movement. The all-important front knee sections are made of a wind- and water-resistant Schoeller Climawool Lite double weave, which stretches nicely and maintains a snug fit as you turn the pedals. A tweak for 2010: Ibex made the chamois seamless for improved comfort.

—David L'Heureux



# OUTDOOR LIFE

DECEMBER/JANUARY 2010

THE SOURCE FOR HUNTING AND FISHING ADVENTURE

## Tested & Reviewed Gear

ROUND-UP

### Holiday Gift Ideas

We've rounded up the best new hunting, fishing and outdoors-related gifts for this holiday season. So grab a pencil and a piece of paper—it's time to start making your list.

BY JOHN TARANTO



### 3 | Ibex Timaru Jacket

This jacket is made in the U.S. with milled New Zealand merino wool. The process leaves the jacket's material feeling like a thick piece of felt: very soft and extremely dense. The two vertical pockets are lined and the cuffs are gathered at the wrist. **\$235; [ibexwear.com](http://ibexwear.com)**



## Ashley Olsen Shuns Workout Clothes

In **Life** by **Meieli Sawyer Detoni**, on Tuesday, January 05, 2010, 9:54 AM (PST)

[Leave a Comment](#)



Courtesy of [INFDaily.com](#)

### Ashley Jogs in Oversized Flannel

When we thought it over, it doesn't surprise us in the least that Ashley Olsen tossed on one of her favorite plaid shirts to jog with Justin Bartha. Few of us would look this comfortable running in something like this, though, so let's take a peek at some supremely fashionable options for the regular runner.

I love shopping for workout gear, and if I could give people "fitness makeovers," I would. While some people dream of high heels and off-the-runway dresses, sometimes I just want new gym goodies. Here are some of my top picks.

**For the Stylish Runner:** One of the most fashion-conscious labels is definitely Doce Vida Fitness, which has been featured in *Self*, *Yoga*, *Health*, and *O*. Their

bottoms are particularly sexy (I love the *Copacabana Capri*), and the prices are right in line with major labels.

**For the Cold-Weather Jogger:** *Ibex* outdoor gear puts others to shame, especially if you love running outside when the temperature drops-- and when the snow flies. These pieces are pared-down and modern, and there are exceptional base layers offered alongside wool running pants.

**For the Comfort Seeker:** I love *Title 9*, because they're great for those "I'd rather walk" types who crave a looser exercise trouser. If you like something you can run in and yogacise in, you'll want to check out *Title 9*.

**For the Trendy Runner:** *Lululemon* is my runner-up, because sometimes I feel like they use trendier designs to justify a higher price point. While their performance gear is great, I'll only buy it on sale!

Where do you shop for workout clothes? What did you think of Miss Olsen's running ensemble?

### Hannah's Giveaway



We all know how difficult it is to keep your kids properly warm during the winter months when they play outside. If you bundle them up too much they get hot and you end up finding scarves and gloves strewn about the yard. And of course the clothing is never of high enough quality to withstand leaf pile jumping and snow angels. Well, Ibex Outdoor Clothing has come up with a solution to this problem by introducing a new kids line of active wear. It's warm and comfortable and - best of all - durable. Korben can't get enough of his Shak shirt from there and Ibex has kindly offered to give away one to my readers. How awesome is that?! Just leave a comment on [my blog](#) and you are entered to win.

And don't forget to enter the Zone Challenge, Week 3 giveaway too!

[enter the GIVEAWAY!](#)

### Bonnie Bytes



Fear of the unknown and unexpected usually brings about a negative response. You never know when disaster may strike, but you can certainly prepare yourself internally to handle it as nobly as possible. We are not always going to be paragons of logic and stoicism, but we can all aspire to better ourselves. If we can shift fear to compassion, we are better able to address the situation and not add to the confusion. You may just contribute to the resolution, in fact. Remember, it's far better to prepare than repair.

[See what Bonnie has to say this week!](#)

### H.E.L.P.



Hannah's FREE Downloads are back and they are better than ever! From stocking your pantry to raising your kids, Hannah has the H.E.L.P. you need--Hannah's Essential Living Plans. This program comes with everything you need to get in control and stay in control. All you have to do is supply the binder, and you can use these downloads to create your very own control center. And the best part of all? It's totally FREE! Make sure you check it out and share it with some friends.

[find out more](#)

### Dear kri,

Every Sunday after church, we stop by a doughnut store on our way home. It's become a tradition. As a matter of fact, when the kids get up and get dressed on Sunday morning, I'm pretty sure their goal is a little less church and a little more Boston Cream. On this particular Sunday, as we were waiting in line, a woman stepped in line behind us and was quite visibly irritated at having to wait. She shuffled back and forth, grumbled under her breath, shook her head, and, well, you get the picture.

I turned around and asked her, "Are you in a hurry?" She responded, "No, it's just that it's so crowded and it used to not be this crowded. This whole town is getting too crowded! I'm just really irritated with all the people and I've got places to go." The whole time, she spoke with arms folded and brows furrowed. "You're welcome to go ahead of us," I said. "We have all the time in the world." I saw her soften when I said this and she looked at me for the first time since she had walked in the store. "No," she said. "It's okay, I can wait." "Please," I replied. "It would really be a blessing to me to let you go ahead of us." She stood there, looked at me in a very puzzled way and said, "Thank you," and stepped up to the counter to give her order.

I didn't really think that much about it. To me, that's just how people should behave, with common courtesy. But Klara walked up to me, pulled in real tight and whispered, "That was a really nice thing to do." I bent down and said, "That's our job. People should always be a little bit happier after they have crossed your path." Klara nodded, taking it all in.

It's easy as a mom to get caught up in doing the right thing for our benefit. We exercise to stay in shape. We cross off things on our to-do list so we won't get stressed out. We clean up the house so it feels more peaceful to us. But the truth of the matter is this: our children are always watching us. We can preach to them until we're blue in the face, but they will learn what we live, not what we talk about. In everything you do and in everything you say, remember that you're not doing it for yourself. You're doing it for those little eyes and ears that are picking it all up and modeling it in their own lives. If there were ever a better reason for right living, then I sure haven't found it. There is so much power in a simple act of kindness. It's so much more than just that. It's a single moment that turns into a lifelong lesson.

Stay happy and healthy and I look forward to our paths crossing again.

Hannah

### Skin Deep



Your skin is the largest organ that you have, and it operates like a readout of your health. When you're healthy, it glows. When you are not healthy, it is dull and washed out. Winter is often a difficult time to keep your skin's radiance but you can make your skin beautiful by treating it with quality care. Check out these easy steps to glowing, younger looking skin.

[read the article](#)

### Chocolate Mousse Cake

If you haven't tried this cake recipe, you've been missing out. It's absolutely delicious. I mean, can you ever really go wrong with chocolate mousse? I don't think so! In fact, Karis refuses to have any other cake on his birthday and couldn't believe it when his brother Korben chose devil's food cake when he turned 8 recently (and secretly, I kind of agreed). Trust me, your family will love it too!



[get the recipe](#)

### Hannah's Blog - A Simple Act of Kindness



Haiti has been on my mind a lot lately. The recent destruction there is completely heartbreaking. I donated money to Haiti relief through World Vision and if you can donate financially, please do. But I've also decided that we can all pledge to do acts of kindness in honor of all those who are suffering in Haiti. Every time you show love to another, that love continues and affects our whole world. As busy moms, you and I can't fly over there and volunteer our time and services, but we can show love in other ways. For the rest of the month, I want to challenge you to donate with kindness. Give love without hesitation, lend a hand when one is needed, help another and you find that you help the whole world. I think you'll find that it will eventually become a habit - a wonderful, enriching habit.

[check out Hannah's blog for more](#)

### Quote of the Week

"If you haven't any charity in your heart, you have the worst kind of heart trouble."

--Bob Hope



 Blog

## Win an Ibex shirt for your little one!

Posted Jan 18, 2010 at 12:16 pm

If you're anything like me, you know how difficult it is to keep your kids properly warm during the winter months when they play outside. If you bundle them up too much they get hot and you end up finding scarves and gloves strewn about the yard. I can't tell you how many times I've had to ask Kenna where her socks were! And of course the clothing is never of high enough quality to withstand leaf pile jumping and snow angels. Well, [Ibex Outdoor Clothing](#) has come up with a solution to this problem by introducing a new kids line of active wear. It's warm and comfortable and - best of all - durable. It may be a bit above what you would normally consider paying, but the quality more than makes up for it (plus it makes a great hand-me-down). Korben can't get enough of his Shak shirt from there and Ibex has kindly offered to give away one to my readers. How awesome is that?! Just leave a comment here on this blog and you are entered to win!



 Hot Pick

## Ibex Outdoor Clothing

Posted Jan 18, 2010

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## Gear & Bike REVIEW FINDER

### BIKE APPAREL REVIEWS

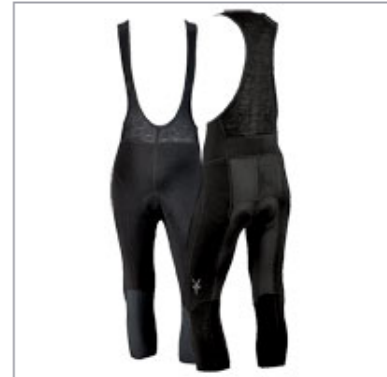
IBEX

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MSRP: \$145 Issue: Jan 2010  
Bicycling ReviewPage: 74

### EDITORIAL REVIEW

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—David L'Heureux



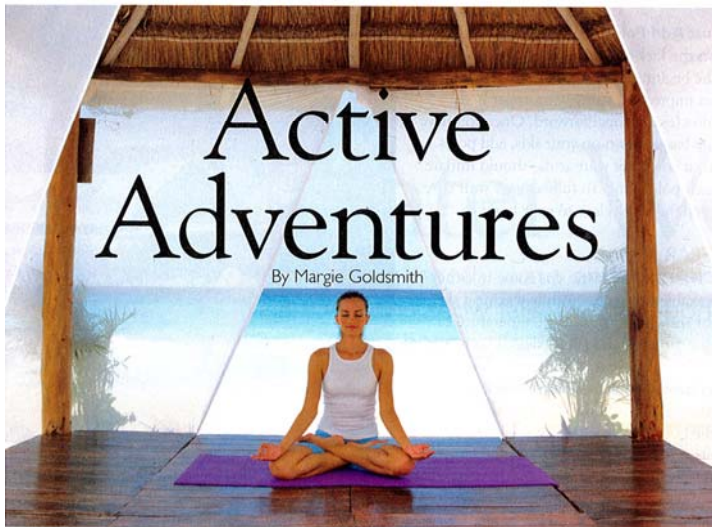
Ibex Website

# WOMEN'S Running

YOUR LIFE IN MOTION™



GET OUT THERE ■ TRIPS & TIPS



## Active Adventures

By Margie Goldsmith

### Get Pumped in Paradise

Jumpstart your season at the luxurious Ritz-Carlton, Cancun's Sunrise Boot Camp. In this half-day workout, your gym becomes this exclusive resort's two outdoor swimming pools and beach. The program, customized for each participant, is a combination of cardio and strength workouts. It starts with a personalized body analysis at 6 a.m. and finishes with a light lunch by the ocean at 1 p.m. You can also snorkel, scuba dive, play tennis at the Cliff Drysdale Tennis Center, or try a conditioning class. After your workouts, shop for handicrafts downtown in the open-air markets and unwind with a treatment inspired by ancient cultures at the Kayanta Spa. Two-night deluxe accommodation packages start at \$639 for two people and include the Sunrise Boot Camp program. For more information, visit [ritzcarlton.com](http://ritzcarlton.com) or call (800) 241-3333.

### Winter Wonderland



Baby, it's cold outside, but you'll love the outdoors at The Lodge at Woodloch, a destination spa in Hawley, Pa. Beat the treadmill blues by snowshoeing, cross-country or downhill skiing. You can also take part in a Latin-inspired dance class or pool aerobics. Head for the steam room, Jacuzzi and indoor heated waterfall to remove those knots from your back. For a creative alternative, try watercolor painting and cooking classes, and then hightail it to the spa for a relaxing treatment. Rates begin at \$299 per person (double occupancy, mid-week through Feb. 28) For more information, visit [thelodgeatwoodloch.com](http://thelodgeatwoodloch.com) or call (866) 953-8500.

### ReTreat You

Head to Colorado's closest hotel to "ReTreat Yourself" with ski and snowboarding instruction, yoga classes and life coaching sessions. The package (\$1,428.32 per person based on double occupancy) includes a three-night stay, breakfast, lunch and a B4BC (Boarding for Breast Cancer) evening party comprising mini-spa treatments and a consultation with a skin esthetician. For more information, visit [vbcrp.com](http://vbcrp.com) or call (800) 752-7920.



Marathoner and triathlete Margie Goldsmith has hiked/biked/kayaked and climbed her way through 113 countries. Visit her at [mgprodactions.com](http://mgprodactions.com).



### Plane Reading

Do you have BFF issues? Pick up *Best Friends Forever: Surviving a Breakup With Your Best Friend* by Irene S. Levine, Ph.D. (Overlook Press, September 2009). Filled with real stories and wisdom, it explores why female friendships are so essential to a woman's health and emotional happiness and how to recover from the pain of a failed friendship. For more information, visit [amazon.com](http://amazon.com)



**Not Your Mother's Wool**  
Wool clothing is commonly known to be itchy and smell when wet, but Ibex Outdoor Clothing is quickly changing this misconception. Ibex makes performance apparel from soft, high-quality New Zealand Merino wool that is water-resistant and neither smells nor itches. And while their clothes won't make you run faster, they'll keep you stylish and warm for running and other outdoor activities. The Women's Mollie Jacket is mid-hip length with a relaxed fit for layering and comes in five colors.



\$195, [ibexwear.com](http://ibexwear.com)

# Women's Health

It's Good to Be You™

## Your Best Body

Get-Fit Tricks ..... 55  
Eat Smart ..... 64  
Slim-Down Strategies ..... 68  
Healthy Dose ..... 76

As soon as the stability ball bounced onto the fitness scene, the days of banging out boring crunches were over. But this globe, as well as its siblings the medicine ball and the BOSU trainer, can be used to target muscles beyond the abs. It just takes some exercise ingenuity.

Ashley Ntansah, personal-training manager at Club H Fitness in New York City, came up with these moves to improve coordination and banish unwanted inches (as well as workout tedium). For a body-shaping boost, pick and choose a few to mix into your usual exercise routine.

A ball can sculpt every body part.



### BOSU V-UPS WITH MEDICINE BALL

This goes beyond the basic core workout because the BOSU adds instability to keep your entire core constantly engaged. And because you're squeezing a medicine ball between your legs, your thighs will feel a mega burn.

**To do it:** Sit in the center of a BOSU trainer with your legs extended in front of you, knees slightly bent, with a two- to four-pound medicine ball between your thighs. Lean back, placing your hands on the floor behind the BOSU for balance (a). Contract your abs and slowly raise your legs toward the ceiling (b). Hold for one second, then return to the starting position. That's one rep. Do 20 to 25.

### BOSU DYNAMIC PLANK

Dynamic is the perfect way to describe this upper-body blast that works your triceps, chest, shoulders, and core.

**To do it:** Start in a pushup position, with your hands on a BOSU trainer and your feet hip width apart (a). Lower your left forearm onto the BOSU (b), then your right, keeping your body in a straight line (c). Push back to the starting position, starting with your left hand. That's one rep; do 10 to 15. Rest for 15 seconds, then repeat, leading with your right arm. Keep alternating for two or three sets.



### BOSU FOUR-POINT BALANCE

This challenging move forces your mind to stay completely focused and your muscles to stay constantly engaged. Ntansah's tip for finding balance: Squeeze your glutes during each leg extension and pull your navel toward your spine.

**To do it:** Position your hands and knees on a BOSU (a). Slowly extend your left arm out in front of you and raise your right leg behind you, forming a straight line from your fingers to your toes (b). Hold for 10 to 15 seconds, then bring your arm and leg back to the BOSU. That's one rep. Rest for five seconds, then repeat with the other arm and leg. Alternate for 10 reps.

### STABILITY BALL WALK-UP CRUNCHES

By removing the momentum your upper body creates during a typical crunch, this move makes your core work harder and more effectively, says Ntansah. Want to make it tougher? Hold your arms straight above your head throughout the exercise.

**To do it:** Lie back with your shoulders on a stability ball, hands crossed in front of your chest, with your feet flat on the floor and knees bent 90 degrees (a). Contract your abs and move your feet inward as you sit up (b). Reverse the move by slowly walking your feet outward until you're back in the starting position, keeping your abs engaged throughout the exercise. That's one rep. Do 20 reps in all.



### MEDICINE BALL INCHWORM

Don't let the name fool you: This move is not easygoing. The baby steps torch your hamstrings and calves, while your arms and shoulders are constantly at work. And the farther your feet get from your hands, the harder your core has to work to keep you stable.

**To do it:** Stand with your feet shoulder-width apart and lean forward, knees slightly bent, to place both hands on a four- to six-pound medicine ball on the floor (a). Slowly walk your feet away from your hands until your body is in a straight line from head to heels (b). You should move about an inch or two with each step. Hold for one second, then walk your feet back to the starting position. That's one rep; do 10.



### "SLAM BALL" SPLIT-SQUAT JUMPS

Get your heart rate (and your quads!) fired up with this plyometric-inspired move that makes *everything* feel the burn—shoulders, core, quads, hamstrings, glutes, and calves.

**To do it:** Stand with your right leg forward and your left leg behind you, so your feet are about three feet apart. Hold a medicine ball above your head (a). Bend into a lunge, rotate your torso to the right, and slam the ball on the ground outside of your right knee (b). Jump up, switch legs in midair, catch the ball and bring it back above your head, landing softly. Repeat to the left side, alternating for 10 to 20 jumps.



### STABILITY BALL HAND WALKS

Your shoulders and arms are the main event here, but your core and glutes will feel as if they're in the spotlight. Try to walk as far out as you can; the farther you go, the harder it is, Ntansah says.

**To do it:** Lie facedown with your torso on the ball, place your hands on the floor, raise your legs, and walk your hands out until just your thighs are on the ball (a). Squeeze your glutes and walk out until you're in the plank position, with just your feet on the ball (b). Pull your abs in tight to keep your body stable. Hold for five seconds, then walk your hands back to the ball and repeat.

### STABILITY BALL LEG RAISE

This hits your lower-body target (hips, thighs, and butt) and works them hard. "You think it's just going to work the leg you're raising and lowering, but at the end you feel more in the leg that didn't move," says Ntansah. "It's a great example of stabilizing muscles at work."

**To do it:** Lie on your left side on the stability ball, legs extended straight and feet stacked. Position your left hip so that your body forms a straight line (a). Keeping your feet in that position, slowly raise your leg (b). Pause, then slowly return to start. Do as many reps as you can manage, then repeat on the other side.

## BALLS OUT!

PAGES 55 TO 57

American Apparel fine jersey hoodie (\$18), [americanapparel.net](http://americanapparel.net)

Falke 3/4 Akron tights (\$60), [sportperfect.com](http://sportperfect.com)

Ibex Balance sports top (\$59), [ibexwear.com](http://ibexwear.com)

K-Swiss Training cap-sleeve top (\$40), [kswiss.com](http://kswiss.com)

New Balance NBxTreme leggings (\$80), NBxTreme Crop bra (\$45), and 805 sneakers (\$85), [newbalance.com](http://newbalance.com)

New Balance for Nine West Cyprus 410 sneakers (\$89), [newbalance.com](http://newbalance.com)

# THE Fashionable Bambino

Jan 14 Ibex Introduces Limited Edition Kid's Line

Children's Clothing

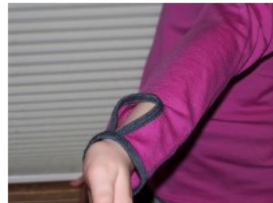
↓ Add comments

We were privileged to receive a [size large \(12\) Deep Rose colored Kid's Hooded Indie from Ibex to review](#). It will be returned, but my girls enjoyed trying it on and being my review helpers. When I opened the package, I was really surprised at how lightweight the hoodie is and how thin the material felt for being made of wool. Because of its lightweight, it truly is easier to layer without the bulk of heavy clothing. (18.5 micron wool)



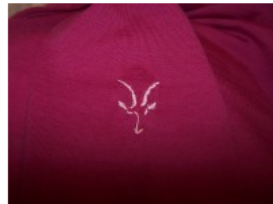
I had my 9-year-old and almost 11-year-old daughters try on the hoodie to see how comfortable it was, how the fabric felt to them, if it kept them warm or not. They each wore a t-shirt beneath the hoodie. Both of them said they liked the hoodie and that it was very nice. They said that it was really warm and comfortable. As a matter of fact, my younger daughter didn't want to keep it on as long as I wanted her to because she was too warm. So Ibex is right in that it does retain heat.

We didn't have a clue as to what the holes in the sleeves were for until we visited [Ibexwear.com](#) and saw their [model posing with their thumbs](#) through them. My older daughter commented, "That's what those holes are for and why the sleeves were so long on me. They're to help keep my hands warmer."



The hoodie does seem to pick up lint easily. My girls didn't have the hoodie on very long and I wouldn't let them do much in them since it doesn't belong to us, but it did pick up lint and we don't have any pets!

One thing I almost missed and isn't that important, just cute. There is a little Ibex applique on right hand sleeve as seen in this photo.



Unfortunately, I cannot tell you how it washes up, but it is suppose to be machine washable. Amazing for a wool product. Wool is known to be durable, but again, I cannot tell you how the hoodie holds up over time since this product will be returned. The hoodie is made in the USA of New Zealand Merino. Just reading the tags makes me want to buy them!

The Ibex Limited Edition Kid's Line is available for \$72 – \$95 at [Ibexwear.com](#).

## Bundling Up with Ibex

January 5, 2010 by [Meieli Detoni](#)

Filed under [Plus Size](#)

It is so "cold" here in Miami– I added the quotation marks so as not to offend (it's 40-something)! I have been trying my darnedest to find warm goodies that actually keep the cold out, because we're feeling particularly sensitive with this change of weather.

I have to say that it's nice not to have to worry too much about sizing. Believe it or not, my head is actually "plus-sized," because a good deal of women's [hats](#) do NOT fit in the slightest. It's so annoying!



I have been exploring [Ibex](#)'s selections lately, which actually fit over my noggin, and are made from a unique wool [knit](#) that's dense enough to keep the whipping wind out. I also like these pieces because they don't snag, which means they are long-wearing, and therefore very useful when it comes to cost-per-wear calculations. One of their cutest hats is the [Meru Hat](#), which happens to be unisex, and available in several dark colors. I grabbed a couple more of my faves below!

Just out of curiosity, do you ever have trouble with hats not fitting your head?



Image: Ibex



Image: Ibex



Image: Ibex