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- Stamina
- Strength
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- Power
- Speed
- Coordination
- Agility
- Balance
- Accuracy

Great free class on
Saturday! You are guys are so
knowledgeable, encouraging
and foster a great sense of
community at CrossFit Impact.
I really enjoyed myself. See
you soon!"

— Angela (Deerfield)



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gift guide



for the get out and go crowd

By Christy Coughlin

MAKE IT BETTER READER:
JOLENE MOORE, WELLNESS
ADMINISTRATOR, CITY OF
HIGHLAND PARK

A glimpse of Jolene Moore, and you know she is a serious athlete. Jolene qualified for the 2004 and 2008 Olympic Trials in race walking. She ran on scholarship at Michigan State before an injury and three children halted her competitive running. While watching race walking in the 1996 games, a fire ignited and Jolene knew she was ready. She found a coach, trained six hours a day, and became one of the best walkers in the U.S.

Today, this busy mom applies her energy, experience, education, and passion to her wellness business and as the Wellness Administrator for the City of Highland Park. She also coached the walkers on the 2010 U.S. World Cup Team.

1. LOLE AMUSE CARDIGAN AND ICY VEST This lightweight, figure-flattering fleece is a perfect layering piece for paddle tennis and the bright color is a great winter pick-me-up. The thinner vest is a great extra layer on its own or perfect for wearing under your favorite shell, says Jolene. **Vibrant Orange Cardigan: \$90, Black Vest: \$100, Lad & Lassie, 1115 Central Ave, Wilmette, 847-251-7570, ladandlassie.com**

2. TIFOSI TORRENT SUNGLASSES These glasses change according to the light, from a pink color in low light to regular sunglasses in full sunlight. No need to change the lenses. The glasses look great and stay put. (See item 7 for retailer.)

YOU HAVE THE GEAR, NOW FIND THE WORKOUT

We've got great ideas to keep your fitness routine fresh and fun. Let the toning begin!

▶ makeitbetter.net/better-you



makeitbetter.net



3. GARMIN FORERUNNER 405 Christy and Jolene both love the easy-to-use 405 which accurately records your mileage, pace, and elapsed time. This GPS watch does it all. **\$350, Running Right, 661 Central Avenue, Highland Park, 847-432-2884, runningright.com**

4. SUGOI VERSA JACKET IN LAGUNA This high-tech, breathable running jacket converts to a vest by pulling off the sleeves, which are attached with magnets. It's perfect for winter running in Chicago. **\$125, The Runner's Edge, 335 Ridge Road, Wilmette and 111 E. Cook Avenue, Libertyville, 847-853-8531**

5. SMARTWOOL SOCKS These colorful accessories will keep the active girl comfortable and stylish even on the coldest days. **\$13-\$35, Title Nine, 816 1/2 Church Street, Evanston, 847-328-9009, titlenine.com**

6. SAGE TWIST PANT AND COMMIT TANK These pants are comfortable, warm and flattering on everyone. Lululemon knows how to make great pants and they look gorgeous with the tank. Jolene loves the pretty neckline and breathable, soft fabric. **Pants: \$98, Tank: \$52, Lululemon, 2176 Northbrook Court, Northbrook, 847-480-1749 and 1622 Sherman Ave., Evanston, 847-424-1512, lululemon.com**

7. STELLA HEAD LAMP Jolene says this is a great gift for the hardcore cyclist who rides in all weather and in low-light situations. Keep them safe with this powerful headlamp. **\$130, Higher Gear, 1515 Sheridan Road, Wilmette, 847-256-2330 and 1898 Sheridan Road, Highland Park, 847-433-BIKE, highergearchicago.com**

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