

# Restore Yourself This Spring with Gaiam



*This post is*

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By Louisa Gonzales

Now that spring is (finally) here, it's time to get rid of those winter blues and restore your body and mind. Luckily, Gaiam is here to help! The company, known for its ergonomical and earth-friendly products that encourage you to get healthy and work out in style, offers yoga equipment, workout wear, exercise DVDs, and more. To make things a bit easier for you, we picked our three favorite items from their spring catalog – all essential in your quest for a healthier life.

The Calorie Killer Yoga DVD features five exercises that strengthen both your body and your mind. You'll see notable results in strength, flexibility, balance, and focus; plus,

you'll notice an increase in your metabolism. This series will bring your workout to a whole new level, helping you to get physically in shape and emotionally stable. The best part? You can easily complete it in the comfort of your own home, eliminating the need for a pricey gym membership.

If you find yourself slipping on your mat during your workout, it's time to invest in the Grippy Yoga Towel. This moisture-absorbing towel has a nonslip backing, making it a key ingredient for your successful yoga practice. To add a burst of color to your routine, we recommend the towel in Watercress, a vibrant teal that is sure to brighten your mood.

After you finish exercising for the day, unwind with the 36-inch Muscle Therapy Foam Roller, which will stimulate your muscles and massage your pain away. With these fabulous products from Gaiam, rejuvenate yourself, get your heart rate up, burn those calories, and get that limber body you've always wanted.

Studies have shown that exercise is the key to not only maintain physical fitness but mental fitness as well. Exercise releases endorphins in the brain that can make you happier – and in turn, make your relationship even better. So why not invite your man to join you next time? After all, couples who exercise together, stay together!