

Special Issue!

# WOMEN'S WELLNESS Optimyz

**EAT THIS WAY!**  
BETTER DIGESTION  
STARTS AT HOME

*Mindfulness for  
mind-blowing sex*

**HEALTHFUL  
GOURMET**  
GREEN RECIPES  
YOU'LL LOVE!

**POWER  
BOOST!**  
7-MINUTE  
WORKOUT

**ROLEPLAY  
FITNESS**  
TEMPLE OF  
THE QUADS

**SMOOTH  
MOVES**  
GET FLEXIBLE  
THE YOGA WAY

*3 nutritious  
and protein-  
packed  
lentil dishes*

YOU  
*glow*  
GIRL!

TOP VEGAN FOOD BLOGGER AND AUTHOR  
ANGELA LIDDON, THE GODDESS OF GLOW

— CANADA'S 2019 —  
**TOP 100  
HEALTH  
INFLUENCERS**

PEOPLE AND PASSION  
CREATING THE FUTURE TODAY

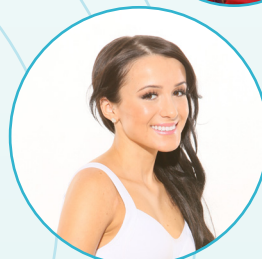


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# optimyz TOP 100 INFLUENCERS 2019





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# TAKE CONTROL OF YOUR HEALTH

Your current health is the result of your genetics, your diet, your fitness routines, all your health habits, and all of your experiences. Research has shown that about three quarters of your health is based on lifestyle. In other words, it's more under your control than you might think. Good health is all about good habits and practices.

The 2019 *OptiMYz* Top 100 Health Influencers is all about the leaders who are creating a path for better health in Canada. Some are researchers who cross the frontier to medical breakthroughs and best practises of all descriptions. Some are the athletes and adventurers who inspire us to be our own best selves. Some are nutritionists, diet experts and brilliant chefs. Some run organizations whose mission is to create a healthier world. Some are social pioneers. Some are communicators who spread the word.

The 2019 *OptiMYz* Top 100 Health Influencers are listed alphabetically. They represent the five brand pillars of *OptiMYz* Magazine: health, fitness, nutrition, life/adventure and mental wellbeing. Together, they are examples of what's needed to improve the health of women and families in Canada.

comes out in 2019. A trusted nutrition expert, McCarthy has been featured in hundreds of publications both online and in print; and is a regular health expert on TV. McCarthy lives in Toronto with her husband Walker and their daughter Vienna. McCarthy loves social media and shares her passion for food as a way to channel positive energy into the lives of others.

## HAL JOHNSON & JOANNE MCLEOD

For the last 30 years, Hal Johnson and Joanne McLeod have encouraged Canadians to “get fit and have fun.” As the hosts of *BodyBreak*, Johnson and McLeod showcase exercise and healthy eating during commercial breaks. In 2013, they participated in the first season of *The Amazing Race Canada*. In 2017, the pair received the Meritorious Service Medal from the Governor General of Canada for their years of dedication to helping Canadians.

## DR. FREDA MILLER

Dr. Freda Miller is president of the Canadian Association for Neuroscience. A neurobiologist at The Hospital for Sick Children Research Institute and professor at the University of Toronto, she discovered that stem cells could be used to grow nerve cells with the potential to help people with spinal cord injuries or Parkinson’s disease. She is a Fellow of the Royal Society of Canada and of the American Association for the Advancement of Science. A founder of biotech firm Aegera Therapeutics Inc., she is an advocate for women in science and public policy.

## TRACY MOORE

Tracy Moore is the host of *Cityline*, Canada’s longest running lifestyle show, where she showcases fitness and healthy nutrition—among many topics. She has volunteered for causes like breast cancer and heart disease in women, non-violence and boosting the self-esteem of young girls. She also frequently hosts high-profile fundraisers like Grocery Foundation’s Night to

Nurture and Children’s Aid Foundation Stand Up for Kids and has been honoured by the Black Business and Professional Association as a Woman of Honour.

## HEATHER MOYSE

With Kaillie Humphries, PEI-native Heather Moyle won gold in bobsleigh at the 2010 Winter Olympics in Vancouver and in 2014 at Sochi. She represented Canada on the Women’s Rugby team and was elected to the World Rugby Hall of Fame. She has also made track cycling her third national sport. As a professional speaker, she invites audiences to embrace challenges. Her charitable causes include Right to Play, the Boys and Girls Club and Special Olympics. She has received the Randy Starkman Olympian Humanitarian Award and the Queen’s Jubilee Medal.

## SAMAN MUNIR

Saman Munir (@sfm\_fitness on Instagram) inspires her more than half a million fans across the world through her hijabi fashion blogging and YouTube and Instagram workouts. The mother of three is a brand ambassador for Under Armour and UFC Gym Mississauga. Boxing and busting stereotypes are her passions.

## KAREN O’NEILL

CEO of the Canadian Paralympic Committee and 2018 Sports Executive of the Year by Sports Media Canada, Karen O’Neill was CEO of Field Hockey Canada, COO of the Rick Hansen Foundation and CEO of the Commonwealth Games Canada. She is a member of the Sports Matters Group and a board member of the True Sport Foundation.

## JESSICA “DR. JESS” O’REILLY

Dr. Jessica O’Reilly is an award-winning authority on sex and relationships. Her podcast Sex with Dr. Jess, webinars, and retreats receive rave reviews and she inspires audiences across the globe to create happier more fulfilling

relationships via her practical, entertaining, and educational programs.

## DAVID “PATCH” PATCHELL-EVANS & MAUREEN “MO” HAGAN

A Canadian rowing champion, David (Patch) Patchell-Evans is an international speaker and advocate for health and fitness. He created GoodLife Fitness, the fourth largest fitness company in the world, and established Canfitpro, Canada’s largest fitness education organization. Patchell-Evans is the past chairman of the board of the International Health, Racquet and Sportsclub Association and winner of Canada’s Most Admired CEOs award. He received the Canadian Medical Association Medal of Honour for his dedication to Autism Research. Working with Patch, Maureen (Mo) Hagan is vice president of program innovation for GoodLife Fitness and Canfitpro. She is a global fitness ambassador and an award-winning fitness professional; best-selling author; member of the Board of Directors for Prescription to Get Active; Board Member of the Women In Fitness Association (WIFA); and a Reebok sponsored athlete.

## MARTHA PAYNTER

Martha Paynter chairs Women’s Wellness Within, a non-profit organization that provides support, advocacy and education for criminalized women who are pregnant or parenting young children. Paynter is a doctoral candidate in the School of Nursing at Dalhousie University and her research examines reproductive justice issues. She also works as Clinical Instructor for nursing students and a postpartum nurse at the IWK Health Centre in Nova Scotia.

## GINETTE PETITPAS-TAYLOR

The Honourable Ginette Petitpas-Taylor is an advocate for fairness and justice. She was the former Chair of the New Brunswick Advisory Council on the Status of Women and a member of the Coalition for Pay Equity. She has volunteered with the Coalition against Abuse