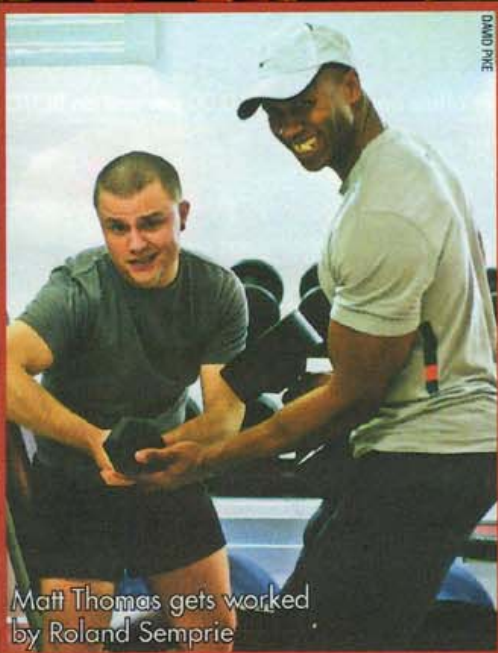


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The Gay Scene Magazine

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DANN PINE

Matt Thomas gets worked
by Roland Semprie

But workouts make me sore

Working out is supposed to hurt a little. Work out the twinges and stay motivated by rewarding yourself with a massage or body treatment. The Skinnovation Cosmetic Consulting and Solutions Centre is your utopia. Opened by Noah Kiani in December, this haven offers much more than basic spa services. From laser hair removal to Skin Tyte (a new type of firming treatment), Skinnovation can help bring out your better self as you shed the pounds.

More info: www.skinnovations.ca

Max MacDonald is fab's masterful Style columnist and a firm believer in being healthy.

"The Difference"

is a 12-week fitness challenge and lifestyle overhaul masterminded by celebrity trainer Roland Semprie. At his private personal training studio in Rosedale, Roland provides the motivation and education for countless enthused clients. At my request, *fab* associate editor Matt Thomas will become a human guinea pig as he undertakes the program and documents his progress, feelings, successes and challenges on the *fab* website and in future editions of *fab's* Style column. Stay tuned for workout factoids, diet tips, skin and beauty advice and more tidbits designed to help you shake the winter blahs, get healthy and be ready to hit the town when winter turns to spring fever.