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Wendy Goldman, Ourfaves.com | Dec 29, 2009 - 11:32 AM

## The 10 Best Places to Kick-Start Your New Year's Resolutions

Inside Toronto has teamed up with [Ourfaves.com](#) to bring you the very best in Toronto culture, according to passionate locals like you.

**A diet done right.** Le Pain Quotidien serves healthy portions and organic ingredients.

Have a New Year's resolution in mind but don't know where to start? Whether you're looking to spend more time with your family or just spend less money, Ourfaves.com has surveyed the best places that will help you bridge the gap between thinking and doing:

### #1 - Eat Well

#### Le Pain Quotidien

"Ideal for brunching and lunching, Le Pain Quotidien serves up a wholesome menu in a welcoming environment. With more than 80 locations worldwide, two of which are located in Toronto's midtown core, Le Pain draws people in with its famed organic artisan breads, hearty sandwiches, salads, soups, and baked goods. Those looking for a healthy escape from Toronto's greasy-spoon diners will find refuge in Le Pain's homemade multigrain granola and organic parfaits. Lunch-goers must try the Atlantic shrimp, avocado and salsa sandwich (served on generous cuts of delicious organic wheat bread), or the goat cheese and arugula salad." [Read more reviews...](#)

### #2 - Reduce Stress

#### Hands on You

"Hands On You Therapeutic Clinic is a new state of the art, 5000-square-foot training facility and therapeutic clinic located in the heart of Leslieville. This unique, boutique style training facility is truly a sight to be seen with its gorgeous décor, relaxing and inviting atmosphere, friendly staff and personal one-on-one attention. Hands On You offers a wide variety of services from Massage Therapy, Athletic Therapy, Personal Training and Studio Classes in Yoga, Indoor Cycling, Body Conditioning and Dance." [Read more reviews...](#)

### #3 - Buy Local

#### Green Barn Farmers' Market

"Shopping here makes eating local and organic easy. Today's haul included local goat and sheep cheese, olive bread, local organic flour and pasta, local eggs, tasty salad mix and locally made crackers – then I ran out of money! The market has a nice mix of raw ingredients and ready-made foods – the sweet potato table, for instance, had boxes of sweet potatoes sharing space with sweet potato salad, sweet potato pie and other goodies. Next time I'll be buying some of the locally made, directly traded chocolate and the empanadas." [Read more reviews...](#)

### #4 - Get Artful

#### Ydessa Hendeles Art Foundation

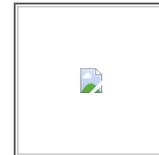
"Housed in an old nurses' uniform factory, this sort-of-secret art gallery is one of the most amazing places in the entire city. I still remember the first exhibit I saw there, nearly 15 years ago. They had an exhibit of very early motion photographs as well as a fascinating video projection piece that I can still picture. It's only open Saturdays noon to 5pm, but planning your whole weekend around a visit is well worth the always-minimal price of admission." [Read more reviews...](#)

### #5 - Shape Up

#### Spynga

"Spynga brilliantly allows you kill two birds with one stone. Like the name suggest, it's an innovative studio that combines the benefits of spinning and yoga into one total body workout. The studio has gained a large following due to its series of 'flow' classes that offer different levels of cardio and body sculpting techniques. It's no place for slackers. The instructors are dedicated to giving you a full mind and body workout, and you're going to get your money's worth. Spynga offers a funky vibe (they use black chandeliers as opposed to neon gym lighting) and plays host to creative events like a recent hip-hop infused Jivamukti yoga class." [Read more reviews...](#)

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## #6 - Get Organized

### Neat

"A lot of the products you'll find at Neat help create the illusion that you do have more square footage than you thought. I like to organize by nature so this place gets people like me excited. Some things I really like here are the flexible Flor carpet squares -- it's carpet in a "tile" format, and the Shoebby, which is a transparent drawer-type shoe box that allows you to save closet room and easily find your shoes." [Read more reviews...](#)

## #7 - Learn Something New

### Joy of Dance Studio

"I've been taking ballroom dancing lessons at the Joy of Dance Studio and think they offer some of the best classes out there. The environment is comfortable for both beginners and advanced dancers, and they offer a wide range of lessons in different ballroom dance styles such as tango, salsa, foxtrot, waltz, cha cha, and more." [Read more reviews...](#)

## #8 - Spend More Time with Family

### Harbourfront Centre

"Ice skating is one of Canada's favourite winter activities and Harbourfront Centre is one of the most beautiful places to do it. Family entertainment at its best, you and your children can skate on your free time or enrol your kids into skating lessons. You can make a day out of it." [Read more reviews...](#)

## #9 - Spend Less

### Rainbow Cinemas

"Who wants to give their money to big chains? Brave the lines at the Rainbow Cinemas on Tuesday nights and see the latest releases with just the change between your couch cushions. Think of the money you'll save." [Read more reviews...](#)

## #10 - Get to Know T.O.

If all you're after this year is a little more QT with T.O. then the best way to start is by exploring the hidden gems your neighbourhood has to offer.

### About Ourfaves.com

Ourfaves.com is an online community and collaborative city guide where people can share and explore reviews on a city-wide scale. Love spreading the word about your own stand-out city finds – that perfect date spot, indie boutique, or new art gallery? Join the community conversation and we may feature your reviews in Your City.

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