

# Practice Self-Love: Move, Nourish and Believe With Lorna Jane Canada

*Tips from Lorna Jane Canada to practice self-love and take care of YOU this Valentine's Day!*

VANCOUVER, BRITISH COLUMBIA, CANADA, February 14, 2018 /EINPresswire.com/ -- [Lorna Jane Canada](#) encourages you to look at [Valentine's Day](#) as a day to love yourself. [Self-love](#) is the type of love that should come first and we often don't practice it enough.

Here are some tips from Lorna Jane Canada to practice self-love and take care of YOU this Valentine's Day!

1. MOVE: This Valentine's Day, move your body.

Hit the gym for some YOU time or try out that yoga class you've always wanted to attend. Maybe you need a little bit of motivation to get moving?

Take a look at the new Lorna Jane Canada website for some great workout clothes to add to your fitness wardrobe!

You will need to start with a great sports bra. Choosing the right sports bra isn't as simple as picking the prettiest one and hoping for the best. High impact activity tears breast tissue leading to damage, so you need to consider support and practicality.

Next, comes the perfect workout shirt. Whether you prefer tops or tanks is up to you, but make sure that you choose one you love so you'll be more likely to wear it for your workout!



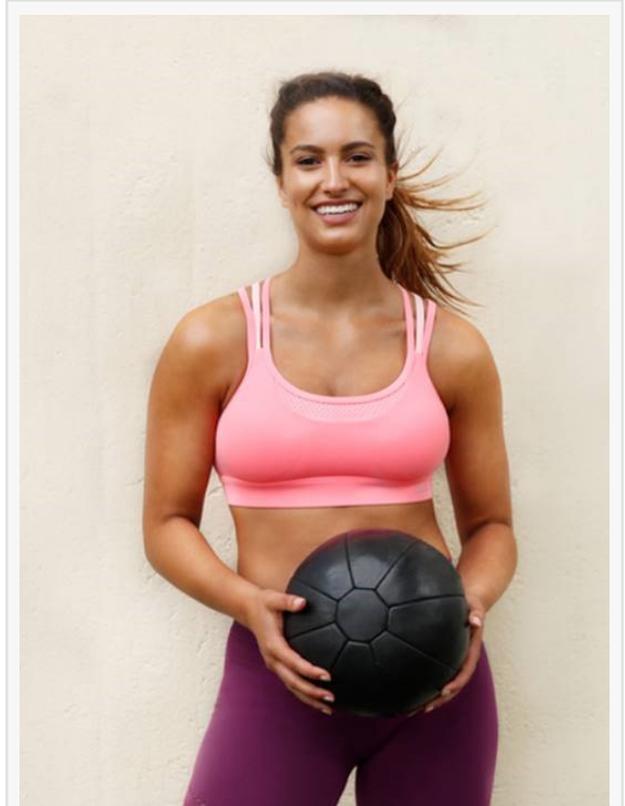
We are on a mission to empower every woman to reach her full potential through Active Living and can't wait to inspire the women of Canada with the daily practice of Move, Nourish and Believe."

*Lorna Jane Clarkson*

Finally, you will want to select a great pair of tights to finish off your outfit. Tights are all the rage right now and for good reason! Not only can you wear them to move in but they are also great for everyday looks.

2. NOURISH: Nourishing from the inside out is key to active living.

It's not just about eating healthy and wholesome food. A nourishing life also means being inspired to maintain a sound mind, a healthy heart, prosperous relationships and glowing skin!



Lift And Strengthen Sports Bra - Lorna Jane Canada

You can find some fantastic Valentine's Day recipes to try on the Lorna Jane Canada [www.movenourishbelieve.com](http://www.movenourishbelieve.com) blog. Don't worry; you don't need to be a top-notch chef to master some of these either.

If you're cooking for yourself and a partner, check out the Love You smoothie recipe. Looking for something sweet? Try out the Chocolate Goji and Caramel Love Bites recipe.

3. BELIEVE: Finally, you need to believe in yourself, not only today but every day.

When you believe something is possible, you will achieve it. Adjust your thought process, practice self-love and learn the art of mindful gratitude. You will then learn to understand why it's so important to live a life that you love.

If you need a little bit of inspiration, check out all the stories of women, just like you, that have learned to love themselves on the Lorna Jane Canada website. You can also read more tips to practice self-love. Finally, check out Lorna Jane Clarkson's new book, Love You. Delve into the 'real life' of the woman behind the brand, Lorna Jane, and experience your very own journey of self-love, self-discovery and self-belief.

Lorna Jane is available to buy in stores in Vancouver and Toronto, in 45 Sport Chek retail locations across Canada, online at [sportchek.ca](http://sportchek.ca) and online at [lornajane.ca](http://lornajane.ca)

Join the conversation!  
#movenourishbelieve  
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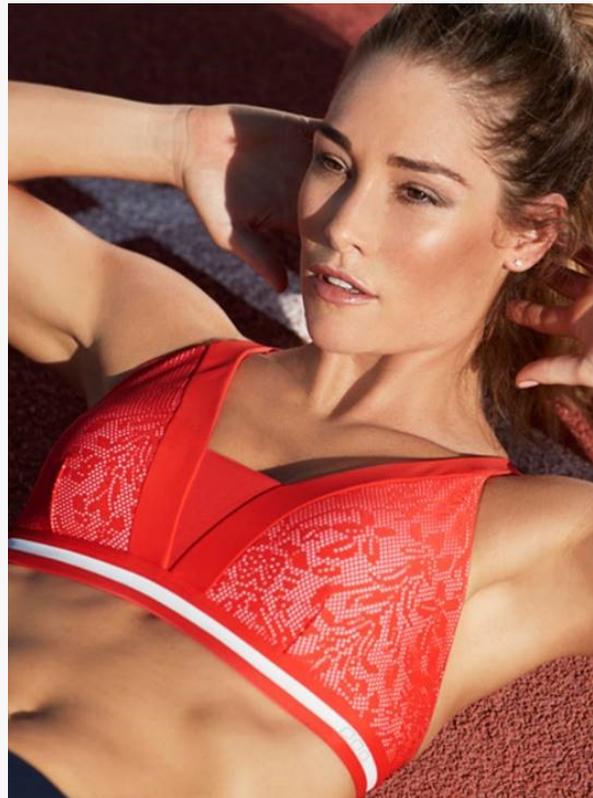
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About Lorna Jane Canada

Lorna Jane began in 1989 when Lorna Jane Clarkson sewed her first one-off design at her home in



Tres Sporty Collection - Lorna Jane Canada



Valentina Sports Bra - Lorna Jane Canada

Brisbane, Australia. Since then, Lorna Jane has transformed her fashion vision into a world-leading activewear brand with over 250 stores worldwide and a connected community of over 3 million women embracing Lorna's personal philosophy of Active Living.

The technical fashion label designed for women by women provides the perfect mix of fashion and function. Lorna Jane delivers active, innovative and inspirational activewear that aims to inspire all women to lead an active and fulfilling life. Learn more: [lornajane.ca](http://lornajane.ca)

About Pink Pearl PR:

Pink Pearl PR is a stylish, West Coast boutique public relations agency with a global reach, specializing in luxury female marketing for baby and kids products, beauty, fashion and lifestyle. Learn more: [pinkprfirm.com](http://pinkprfirm.com)

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