

DR. KATE SHANNON PUBLIC HEALTH RESEARCHER, VANCOUVER

"I didn't grow up thinking, 'Oh, I'm going to be doing work on sex work,'" says Dr. Kate Shannon, 34, director of the Gender and Sexual Health Initiative at the BC Centre for Excellence in HIV/AIDS, and an assistant professor at the University of British Columbia. For one ongoing study, she collects stories from more than 700 sex workers in the Vancouver area; one woman revealed that because she was not legally allowed to bring clients home, she would take her johns to dangerously isolated areas like the loading docks to avoid being caught by police. "When we're able to present that [research] as evidence in court cases, those are some of my proudest moments," says Shannon. "This drives policy." She testified as an expert witness in March in the Terri-Jean Bedford case, which struck down two prostitution laws in the Ontario Court of Appeal, making it legal for sex workers to see clients indoors and in "bawdy houses," as well as hire help, such as bodyguards. Last October, she testified at the Missing Women Commission of Inquiry, centred on the many women who have disappeared in Vancouver over the past two decades—some in relation to the Pickton trial. Beyond B.C., Shannon has partnered with organizations in India and Uganda and presented at the 2012 World AIDS Conference in Washington, D.C. Some critics believe allowing sex work to happen in a "safe" environment is a Band-Aid solution to the problem: prostitution itself. Shannon is unwavering. "Everyone deserves the same health and safety, regardless of whether or not that's an occupation you want to support." —*Emilie Diefeld*



PHOTOGRAPHY BY EVAAN KHERAJ



SAHRA Esmonde-White ESSENTRICS FOUNDER, MONTREAL

A few weeks before the London 2012 Olympics, Sahra Esmonde-White received an email from Lily Cole, one of seven British supermodels slated to perform in the closing ceremony. It said, simply: "I need you!" Cole wanted Esmonde-White—the 36-year-old founder, with her mother, Miranda, of the Essentrics technique—to hop a flight to London and administer a boot camp before she'd have to strut alongside Naomi Campbell and Kate Moss. Esmonde-White couldn't do it, partly because she was prepping actress Sarah Gadon for her New York premiere of *Cosmopolis*. So, would Cole just pick up a local trainer? "No, she'd do our DVDs!" says Esmonde-White. Cole and Gadon are merely refining their honed physiques, but Essentrics promises to transform anyone's body, and fast. The weight-free technique is based on the science of eccentric movement, wherein muscles are strengthened while in an extended position. "I see a difference in people's posture in two days," she says. "You'll develop long, lean muscles and the waist will just suck in." Essentrics has a flagship studio in Montreal and about 750 teachers are being trained worldwide. "It's really taken off," says Esmonde-White, who's most proud of the free online rehabilitative workout video for breast cancer survivors, informed by Miranda's own experience. Both mother and daughter have a dance background; Miranda performed with the National Ballet of Canada. "This doesn't look like dancing and you don't need any technique, but it's going to give you that body." —*R.S.*

PHOTOGRAPHY BY JORGE CAMAROTTI

SHANNON'S HAIR AND MAKEUP BY AMÉLIE BRUNEAU/LONGPRÉ FOR GLOSS; YVES SAINT LAURENT/TRESEMMÉ HAIR CARE; SWIMSUIT, \$235, AND PANTS, \$60, BOTH BY LUCAS HUGH