

30-DAY TAI CHI PLAN FOR BEGINNERS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<ul style="list-style-type: none"> 18 Walking Lung 20 Clouds Part 1 22 Clouds Part 2 24 Jump Squat 12 Reverse Curl 	<ul style="list-style-type: none"> 18 Overhead Press 20 Push Ups 22 Star Flare 24 Leg Press 12 Reverse Curl 	<ul style="list-style-type: none"> 18 Bank Over Row 20 Reverse Kick 22 Leg Kick 24 Jump Squat 12 Reverse Curl 	<ul style="list-style-type: none"> 18 Walking Lung 20 Clouds Part 1 22 Clouds Part 2 24 Jump Squat 12 Reverse Curl 	<ul style="list-style-type: none"> 18 Walking Lung 20 Clouds Part 1 22 Clouds Part 2 24 Jump Squat 12 Reverse Curl 	<ul style="list-style-type: none"> 18 Band Latéral 20 Deadlift 22 Reverse Kick 24 Leg Press 12 Reverse Kick
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
<ul style="list-style-type: none"> 20 Leg Press 22 Reverse Kick 24 Star Flare 12 Reverse Curl 	<ul style="list-style-type: none"> 20 Plank 22 Front Squat 24 Reverse Curl 26 Deadlift 28 Chinup 	<ul style="list-style-type: none"> 18 Walking Lung 20 Clouds Part 1 22 Clouds Part 2 24 Jump Squat 12 Reverse Curl 	<ul style="list-style-type: none"> 20 Overhead Press 22 Push Ups 24 Star Flare 26 Leg Press 18 Leg Press 	<ul style="list-style-type: none"> 18 Bank Over Row 20 Reverse Kick 22 Leg Kick 24 Jump Squat 12 Reverse Curl 	<ul style="list-style-type: none"> 20 Reverse Table 22 Plank 24 Star Flare 26 Star Flare 28 Chinup
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
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DAY 19					
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Opinion: A Canadian production that has taken the world by storm

Published 4:00 pm Tuesday, January 6, 2026

By Sarah Baker



I, like many others, have been absolutely obsessed recently with the story of *Heated Rivalry*.

Originally a book, specifically book two in the *Game Changers* series by Canadian Author Rachel Reid, the TV Series adaptation started streaming on Crave on Nov. 28, 2025.

When I started watching this show it became an addiction. I couldn't stop watching, and when I watched all the episodes that were currently out, I would wait and immediately watch the episode as soon as it dropped at 10:05 p.m. Thursday nights.

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The show came to a close on Dec. 25 with the final episode, *'The Cottage,'* however, talk about the show and the show's popularity hasn't seemed to tone down at all.

In fact, I myself have re-watched the show multiple times, and I am currently reading the book series and am on book four *Common Goal*.

When I was re-watching the show at home during New Years, my Dad asked me why I liked it so much.

There are many reasons why I absolutely love the show, and the books that I have read so far but to make sure this piece doesn't get too long I will try and keep it to five key reasons.

- The exploration of intimacy. Yes, this show has many intimate moments in it; however, what I love about the scenes is how they actually impact the plot, and also the emotional depth that the scenes convey. It is one thing to include sex in a show to just have sex in a show, and another to have sex in a show to be used as a tool in telling the story. With how *Heated Rivalry* uses intimacy, you see how, for the main characters Shane Hollander (Hudson Williams) and Ilya Rosanov (Connor Storrie), their relationship goes from being very carnal to an actual strong emotional relationship.

- The portrayal of the characters. From lead actors Williams and Storrie, as well as François Arnaud (Scott Hunter) and Robbie Graham-Kuntz (Kip Grady) to the supporting cast Sophie Nélisse (Rose Landry), Ksenia Daniela Kharlamova (Svetlana Vetrova), Christina Chang (Yuna Hollander), Dylan Walsh (David Hollander), Nadine Bhabha (Elena Rygg), Callan Potter (Hayden Pike), and more truly brought their characters to life.

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The way the cast delivered lines, acted, and just conveyed their characters brought the show to a whole other level. With how the cast portrays their characters, people have been able to resonate, connect with, and find belonging through the show, which is an amazing thing.

- The closeness to the book. This show is probably one of the best book to screen adaptations I have ever seen. It actually covers two books in the *Game Changers* series, book one *Game Changer* and book two *Heated Rivalry*. There were so many moments in the show that were word-for-word with the book that when I reread *Heated Rivalry* to get to the book I am on now, I actually started to picture the actors and the scene from the show. I feel like Jacob Tierney truly brought Reid's books to life in this adaptation and I am so excited to see what comes next and gets covered in season two.

- The soundtrack. Even my Mom said while watching the show that the song choices were so perfect it felt like the songs were made for the scene they were being used in. The songs and how they were used in the show added another layer of depth. Personally, I don't think I will ever be able to listen to *All the Things She Said* again without thinking of the club scene at the end of episode four.

There are also so many other scenes in this show that wouldn't be the same without the song that was chosen, the phone call confession with Beethoven's *Moonlight Sonata*, and of course, the moment Scott Hunter brings Kip out onto the ice, to name a few. The music supervisor for this show, Scotty Taylor did an incredible job. It was also cool to see Canadian Artists highlighted including Wolf Parade (*I'll Believe in Anything*), Feist (*My Moon My Man*), and more.

- The themes. Last but certainly not least on my list are the themes that make the show what it is. There are many themes in this show, there is the theme of competition, navigating external pressures, secrecy vs. living authentically, ambition vs. love, internalized homophobia and self acceptance, family and found family, and of course emotional and physical intimacy. To me one of the most important themes the show tackled in the first season is the theme of self acceptance and living authentically. In both Scott and Kip, and Ilya and Shane's story lines in the series this theme plays a very significant role. This theme also relates to another one of my all time favourite moments of the show which is Scott Hunter's speech during the awards ceremony in episode six.

If you haven't watched *Heated Rivalry* yet I highly recommend checking it out on Crave.

In addition, if you are interested in reading the series, the books are available to purchase wherever books are sold, or can be read via the Sylvan Lake Municipal Library.



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