

# FIT & FABULOUS

## HOW A PRIMA BALLERINA KEEPS HER FITNESS EN POINTE

For Misty Copeland, wellness is a way of life. "It's pretty hard to do what I do as a professional ballerina, athlete and artist if I don't live a healthy lifestyle," says the first African-American woman to be named a principal at New York City's prestigious American Ballet Theatre. In addition to eating clean—"what you put into your body really does affect it in every way"—Copeland, 32, also nourishes her spiritual side. "I try my best to be present in every moment and not to get caught up in things I can't control," she says, adding that she views each day as "a chance to be better than yesterday." Despite a grueling schedule that requires dancing up to 40 hours a week, Copeland says, "I take time to love and laugh." So when she unwinds at the end of the day—whether it's with close friends, a warm bath or even the occasional glass of prosecco—Copeland says, "I feel accomplished."

**'BEING A DANCER HAS MADE ME STRONG AND CONFIDENT. IT SHOWED ME HOW FAR I COULD PUSH MYSELF'**

*—Misty Copeland*





# WHAT'S YOUR WORKOUT OBSESSION?



"I don't stick with things very easily, but lately I've been doing a lot of Pilates."

—*Jolene Garcia Swisher*

"I try to kayak or paddleboard in the summer."

—*Sarah Jessica Parker*

"I love boxing! It keeps you occupied and you're not really thinking that you're working out."

—*Kendall Jenner*

"I like to do outdoor activities, like bike riding with my son."

—*Jennifer Hudson*

"The one that I spend all my money on is Soul Cycle. I completely buy into all of it."

—*Ellie Kemper*

CLOCKWISE FROM BOTTOM LEFT: JESSICA HALEY/DON/BROADIMAGE; THELONIOUS/PLASH NEWS; CHRIS WEEKS/GETTY IMAGES; TIMOTHY HART/GETTY IMAGES; ROBIN MARCHANT/GETTY IMAGES; COURTESY THE RANCH/CS

# A HEALTHY BODY BOOT CAMP

TRANSFORM YOURSELF IN FOUR DAYS AT THIS WESTLAKE VILLAGE, CALIFORNIA, ESCAPE



Celebs like Minka Kelly and Mandy Moore have checked into the Ranch at Live Oak in Malibu since it opened in 2010 for its intensive fitness retreat: a weeklong detox and exercise program in the mountains. But if a full week of eating low-calorie vegan meals, exercising for 8 to 10 hours a day and foregoing Internet and cell service is just not possible (or simply too scary!), there's now a condensed version that can make you feel just as good. Housed at the Four Seasons Hotel Westlake Village, Ranch 4.0 is a four-day stay that offers a comparable schedule of hiking, strength-training and yoga. While the day still starts at 5:30 a.m., you may enjoy the hotel's more central location, luxury accommodations—and Wi-Fi. Guests—who leave feeling healthy and fit—swear by the results.

# 10 Health Mistakes

THESE HABITS MAY SEEM HEALTHY—BUT THEY AREN'T, SAYS DIETITIAN KERI GLASSMAN OF NUTRITIOUSLIFE.COM



1

**Skipping on calories and fat.** Even people who are aware of the concept of healthy fat still think of fat as "bad" and skip it while opting for food that is worse—like pretzels with little nutritional value.

2

**Overdoing the same type of cardio.** Ever wonder why you spin five days a week and don't see changes to your body? You need to shake things up and increase muscle mass along with burning calories. Cardio should be one part of your regimen—not the entire thing.

3

**Waking up too early to work out.** When you're tired, it's better to get your full zzz's than to fit in exercise. The extra sleep is often better for your health and weight goals than the quick (and probably sluggish!) workout.

4

**Eating the same thing every day.** People wear their daily diet like a badge of honor, but even the healthiest food plans need a little variety. Just like you should change things up with exercise, diets should be varied to include different nutrients.

5

**Over juicing—even greens.** I'm all for juice when it's incorporated into a diet as green juice with a handful of almonds for a snack. But adding juices to your normal meals may add too many sugar calories, while an all-juice routine can lead to yo-yo dieting.

6

**Opting for egg whites only.** The yellow is the good part! That's where nutrients are found, like choline and vitamins A and D. Plus, foregoing the yolk is likely to leave you feeling less satisfied.

7

**Drinking skim milk.** There are more carbohydrates in nonfat dairy products than regular, and without fat to balance the nutrients it can interfere with weight management. Stick with controlled portions of whole milk, yogurt and cheese.

8

**Going sugar-free by trying artificial.** Artificial sweeteners may be low in calories but they are made of unnatural chemicals and still affect your blood sugar. They do not decrease chances of being overweight. Quit those hard!

9

**Giving up gluten but overdoing snacks.** Any healthy diet is naturally low in gluten. If you decide to go gluten-free altogether, that doesn't mean you can overindulge in gluten-free cookies and cake. Those treats should still be eaten in moderation.

10

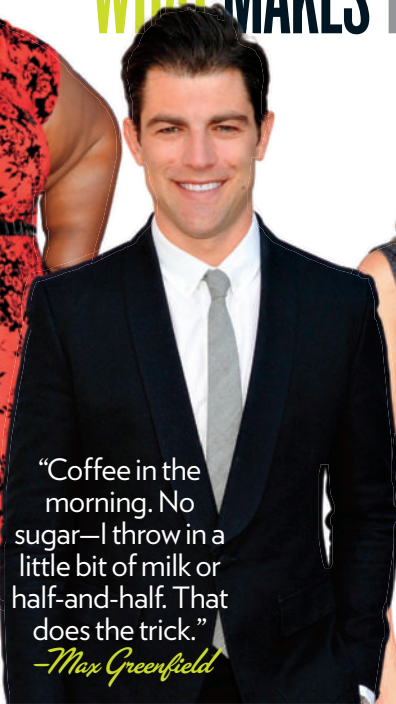
**Falling for the latest health craze.** You don't need to jump on the bandwagon of every new superfood trend. It's okay to hate kale or kombucha. You can still be a really healthy, balanced person!



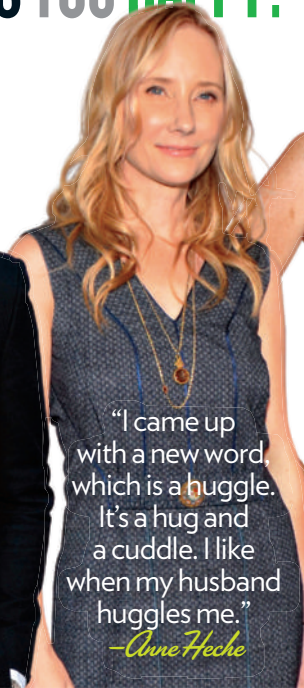
# WHAT MAKES YOU HAPPY?



"I like watching a movie to make myself laugh—anything that makes me feel like I am taking care of my inner peace and sense of humor."  
*-Gabourey Sidibe*



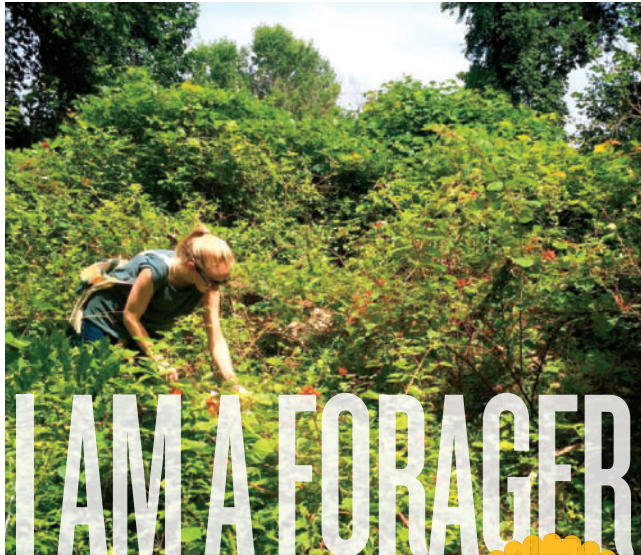
"Coffee in the morning. No sugar—I throw in a little bit of milk or half-and-half. That does the trick."  
*-Max Greenfield*



"I came up with a new word, which is a huggle. It's a hug and a cuddle. I like when my husband huggles me."  
*-Anne Heche*



"My family."  
*-Soleil Moon Frye*



# I AM A FORAGER

When I tell folks I'm a forager, the first question tends to be, "What's that?" Guess there aren't a lot of fledgling style-and-beauty journalists out there scrounging for their suppers. Simply put, foraging is harvesting wild edible foods. Even in Manhattan, there are plenty of parks, and you'd be surprised what you can find. (Hello, free peaches!) If you want to try it, go online to find a mentor or a local foraging tour. Just remember: Never eat *anything* unless you're absolutely sure what it is. With so much stress in my daily life, foraging is a great way to get back in touch with nature and find a moment of calm. And *that's* worth searching for.

People's style and beauty intern Adeline Duff talks about scavenging in the city.

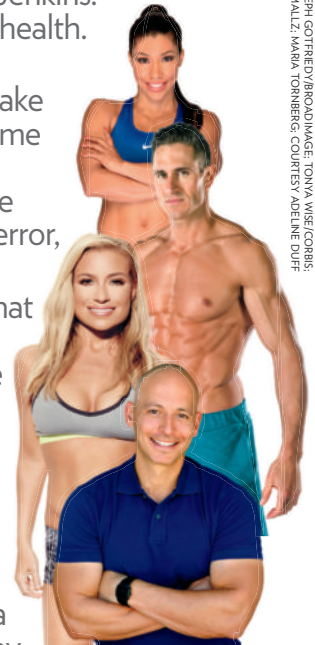
## Celeb Trainers Share Their Tips

**Schedule workouts in your calendar or phone.** "They're just like any other important meeting," explains Jeanette Jenkins. "This is the meeting for your health. Don't cancel it for anyone!"

**Live by the 80/20 rule.** "Make sure that 80 percent of the time your nutrition is really good," says Don Saladino. "Leave the remaining 20 percent up to error, or to go have a cocktail."

**Exercise daily.** "Every day that you don't work out, you are gaining weight or staying the same," cautions Tracy Anderson. "Moving is life-giving. You are capable of more than you realize."

**Walk!** "Don't feel that you have to go to the gym—exercise can be as simple as a walk with a friend," says Harley Pasternak. "Get a fitness tracker and try to hit 10,000 steps a day."



Jenkins, Saladino, Anderson and Pasternak

CLOCKWISE FROM TOP LEFT: GILBERT FLORES/BROADWAYIMAGE; JOSEPH GOTTFREDY/BROADWAYIMAGE; TONYA WISE/CORBIS; SARAH DE BOER/STARTRAKS; ALI YOSSOUFI; ANDREJ JAVORSKI; RASIND & SMALLZ; MARIA TORNERO/COURTESY ADELINE DUFF



# Meet Beauty & Wellness Guru **Amanda Chantal Bacon**

GET TO KNOW THE GLOWING FOUNDER OF L.A.'S HOTTEST HEALTHY-LIVING HAVEN, MOON JUICE

**This innovator in the world of juicing left a career as a chef to open Moon Juice—a cold-pressed juice and nut-milk shop—three years ago in Venice, Calif.** “Moon Juice is an amalgamation of my former career in fine dining and my lifelong passion for wellness,” says Bacon, 32, whose famous fans include Gwyneth Paltrow and Shailene Woodley. (She plans to expand beyond L.A. soon.) “I’d always been into juicing, but cold-pressed juice wasn’t readily available. Now we are a resource for everything from a mud toothpaste with herbs to a pearl powder you can eat or put on your face.”

**Describe your wellness philosophy.** I believe that food is equal parts art and medicine, that it’s as much about pleasure as healing, and that creativity and sustenance can be one and the same. I’m not 100 percent raw or vegan, but I do choose to live mostly that way. You don’t need to be all raw, it’s just a really potent tool you can add to your life and play with, depending on your needs.

**How is Moon Juice different from other juices?** Our juice is certified organic, medicinal grade. And people love our Moon Dust jars—dried-herb blends created by a Chinese herbalist that offer therapeutic benefits. [Editor’s Note: Read our review of Beauty Dust on page 70.]

**Green juices are everywhere right now. How do you pick the right one? Look for one that’s certified organic and low glycemic. Use your palate. If it’s as sweet as regular juice, then that’s basically what it is. You don’t want tinted-green apple juice.**

One Moon Juice bottle can contain up to 3 lbs. of raw, organic vegetables, herbs and fruits.



## Star Talk

# HOW DO YOU RELIEVE ANXIETY?



“I walk, I meditate and I pray.”  
—*Maria Shriver*



“I usually work out.”  
—*Katherine McPhee*



“If I get enough sleep, then I feel great. If not, then I definitely don’t.”  
—*Patricia Heaton*



“Lighting a candle and taking a bath will do the trick.”  
—*Garcelle Beauvais*

# INSTA #FITSPO

These Instagram stars will motivate you to move, tone, stretch and sweat your way to good health

COUNTER-CLOCKWISE FROM LEFT: (MOON JUICE) COURTESY; (BACON) COURTESY; (EMMAN MONTALVANI) (SHRIVER) DAVID BROIZUMA; (MCHEE) MARCEL THOMASZUMA; (HEATON) DENNIS VAN TINEZUMA; (BEAUVAIS) GABRIEL OLSEN/GETTY IMAGES; (BRONFMAN) DALIS JOHNSON; (BEACH) DEANDRE SINE TE



@patrickbeach

“Health for me is physical, spiritual and mental,” says the nomadic yoga teacher, 29.



@basebodybabes

Sisters Felicia Oreb, 31, and Diana Johnson, 30, aim to “inspire, motivate and educate women.”



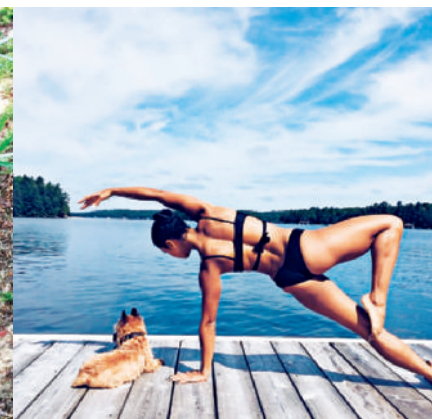
@blogilates

“You’ve got to find the joy in working out to truly transform your body,” says Cassey Ho, 28.



@qimmahrusso

Russo, 21, believes that “health, wellness and fitness all start with self-love and gratitude.”



@hannahbronfman

“Healthy living is attainable for anyone,” says Bronfman, 27. “Your body is a temple.”



@kayla\_itsines

The *Bikini Body Guide* e-book author, 23, boasts 3.3 million followers who swear by her tips.



“WHEN YOU FIND YOUR PASSION, MAKE THAT YOUR MISSION—AND WATCH YOUR WHOLE WORLD CHANGE.”  
—*Natalie Uhling*

@natalieuhling  
“Once your mind and spirit are on board, the body will follow,” says the Brooklyn-based athlete, 31.



# The 'Dell Dude' Gets Zen



Since the height of Ben Curtis's fame as the "Dell Dude" in the TV ads of the early 2000s, he has successfully battled drug-and-alcohol addiction and found yoga. "I've been practicing for 13 years," says Curtis, 34. "It's the one thing I do no matter what." Harnessing his passion, he now teaches everyone from little kids to senior citizens at the mobile wellness company Soul Fit NYC that he opened in 2014 with his fiancée.

## VITAMIN C SMOOTHIE

**CELEB AESTHETICIAN SONYA DAKAR'S SECRET TO RADIANT SKIN**

- 1 cup frozen organic pineapple
- 1 medium orange, peeled
- 2 tbsps. fresh ginger
- 2 scoops Ultima Power protein powder in vanilla (\$59, [sonyadakar.com](http://sonyadakar.com))
- 1 cup soy or almond milk
- 1 cup ice

Serves: 2

Sonya Dakar

# TIPS FROM TED TALKS

### Happiness

"We can be people who live gratefully. And how can we live gratefully? By experiences, by becoming aware that every moment is a given moment. It's a gift." —David Steindl-Rast, Benedictine monk

### Meditation

"Meditation offers the opportunity, the potential to step back and to get a different perspective, to see that things aren't always as they appear. We can't change every little thing that happens to us, but we can change the way we experience it." —Andy Puddicombe, mindfulness expert and former monk

### Mindfulness

"It might look like the world is a dangerous and challenging and insurmountable place, but it doesn't have to look like that all the time. We can teach ourselves to see it differently, and when we find a way to make the world look nice and easier, it might become so." —Emily Balcetis, social psychologist

### Visualization

"We're finding it's not necessarily the reality that shapes us, but the lens through which your brain views the world that shapes your reality. If we can change the lens, not only can we change your happiness, we can change every single educational and business outcome at the same time." —Shawn Achor, CEO of Goodthink Inc. and researcher of positive psychology

# 5 Steps to De-Clutter Your Life

Marie Kondo, author of the bestselling *The Life-Changing Magic of Tidying Up*, 30, gives her top tips for cleaning your house—and clearing your mind.

- 1 Put all items of a certain category—shoes, clothing, documents, books—in one pile in one room. Do not attempt to make decisions room by room.
- 2 Make a commitment to tidying all items in this one category all at once. It may take you two hours; it may take you 10 hours.
- 3 Start with the category you think will be the easiest. Think of it like exercise—you must warm up before you run.
- 4 As you sort, focus on finding items that bring you joy—not on what you throw away. The more you can identify what sparks joy in you, the better you will be at the process of tidying.
- 5 Make sure to thank each item before you get rid of it. This will help you not feel guilty!



CLOCKWISE FROM TOP: LEFT, JONATHAN RAMOT; COURTESY, SONYA DAKAR; EMAN AGOSTINI/AP; PETER ZAMBORIOS



# TOP CITIES FOR...

**Overall Well-Being** **North Port-Sarasota-Bradenton, Fla.** Top marks for health, wealth and community spirit  
**Fitness** **Washington, D.C.** Low rates of smokers and obesity; gets high marks for parks and farmers' markets

**Families** **Overland Park, Kans.** Highest rated for schools and affordable neighborhoods

**The Least Stress** **Salt Lake City** Shortest commute times, low unemployment and a generally excellent balance between work and social life

**Environmental Health** **Honolulu** Best for air quality and use of solar technology

**Retirement** **Phoenix** Low crime rates and taxes, great health care and weather

## Feel-Good Reads



**Color Me Mindful: Underwater**  
by Anastasia Catris  
Unwind like a kid with this adult coloring book, which helps decrease stress.



**Tone It Up**  
28 Days to FIT, FIERCE, and FABULOUS  
by Katrina Scott and Karena Dawn  
Become your best self with a 28-day guide full of recipes, mantras and exercises.



**Everyday Detox**  
by Megan Gilmore  
It's equal parts delicious and nutritious (think cauliflower-crust pizza and smoothies).



**Inspired**  
by Lorna Jane Clarkson  
Easy-to-follow health rules, alternative recipes and fun "rejuvenation rituals."



**Breaking Vegan**  
by Jordan Younger  
The social-media star shares how she learned to love her body.

## Jason Mraz's Avocado Ranch



"I bought this farm as a place to get away," says musician Jason Mraz of his 11-acre ranch in Oceanside, Calif. "It's such a beautiful spot. And it offers a great retreat from touring." Not that music is ever far from his mind. "I have a studio in the middle of my avocado trees," he says. "Being in nature inspires me. I love to record while listening to birds and crickets—sometimes I include nature's sounds in my final recordings." Mraz, 38, who eats "mostly vegan," grows his own food, which includes lemons, mangoes, pomegranates and coffee beans. While he likes supporting local farmers, his real joy is *being* one: "I am very content when I have my hands in the dirt."

"This is my sanctuary. It's where I feel most at home," says Mraz.

# ONLINE ALL-STARS: CELEBRITY LIFESTYLE EXPERTS



**Gwyneth Paltrow**  
goop.com  
**Mission statement** "A fully shoppable lifestyle brand," goop is packed with "unbiased travel recs, health-centric recipes" and designer collaborations.  
**Why she launched the site** "I started goop to answer my own questions about health, wellness, fashion, food and travel. I was looking for a trusted source to point me in the right direction and I couldn't find one, so I created it," said Paltrow.

**Julianne Hough**  
juliannehough.com  
**Mission statement** "I wanted to design a space where I could connect directly with my fans by sharing recipes, workout tips, style and kindness," says Hough. "I hope readers leave my site feeling inspired to do whatever makes them happy."  
**Where she finds inspiration** "In life! Being present in the moment and feeling the beauty in everything and having gratitude for it all."

**Shay Mitchell**  
amoreandvita.com  
**Mission statement** Mitchell's site (which means "love and life" in Italian), launched with BFF Michaela Blaney, includes lifestyle, travel, health, beauty and fashion content. "We wanted to give our viewers an inside look at everything we love to do."  
**What she's learned** "So many things from women we've featured—it's been really fun," says Mitchell.

**Blake Lively**  
preserve.us  
**Mission statement** Featuring "the stories and creations of artisans," Preserve is devoted to food, fashion, shopping, philanthropy, beauty and culture.  
**What moves her** "All the things I feel like I'm good at are thanks to my family, and they're things we're now embracing at Preserve: cooking, decorating, artistry. Family is at the heart of everything I do," says Lively.

**Tamera Mowry-Housley**  
tamerymowry.com  
**Mission statement** "I love having one place where I can share everything—from family photos to health tips to my current obsessions—with readers who can benefit from what I've learned," says Mowry-Housley.  
**How she comes up with her ideas** "From magazines to just hearing women's stories of motherhood. And my family inspires me every day."

## Our Favorite Non-Toxic Kid Gear

It's easy being green with these eco-friendly kid essentials. "You can find products that are not only healthy for your child but stylish as well!" says Suzanne Price, 37, who left her job working for an investment bank to found Sprout San Francisco, a chain of organic baby boutiques. Her top picks:

**Thinkbaby Safe Sunscreen**  
"This is one of the safest sunscreens out there. It's water-resistant, highly absorbent, with a nonoily feel—perfect for a baby or anyone in the family." \$12.99; gothinkbaby.com

**OriginalSprout Natural Shampoo**  
"This will leave your child's hair silky and clean. And, thanks to its flower-derived fragrance, your little one will smell yummy too." \$19.50; originalsprout.com

**'Cool Kid' Organic Tee Shirt**  
"This shirt is organic and pesticide free, but still supersoft and, yes, totally cool." \$28; sprout sanfrancisco.com

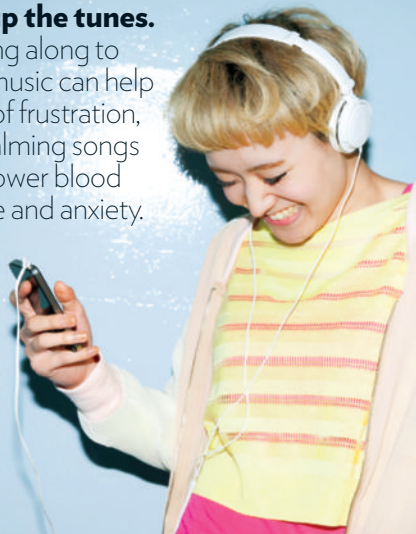
**SoYoung Raw Linen Lunch Box**  
"Keep phthalates and PVC out of your child's food with this uncoated linen lunch box. Major bonus: It's machine washable." \$31.95; us.soyoung.ca



1

**Crank up the tunes.**

Singing along to upbeat music can help get rid of frustration, while calming songs may lower blood pressure and anxiety.



2

**Set a turn-off time for work.**

The glow from your phone at night can make it difficult to fall asleep, and can even cause depression. Plus, people who don't constantly check their work e-mail from home report less daily stress.

3

**Use your vacation days—all of them!**

Taking a trip can lead to positive emotions, a decrease in depression and a smaller waistline.



4

**Break up with the snooze button.**

Those five extra minutes can lead to a more tired morning.



# GET WELL FAST!

BACKED BY RESEARCH, THESE 9 TIPS CAN IMPROVE THE QUALITY OF YOUR LIFE

5

**Burn calories by walking.**

Improve your memory, energy and attention span by walking outdoors.



6

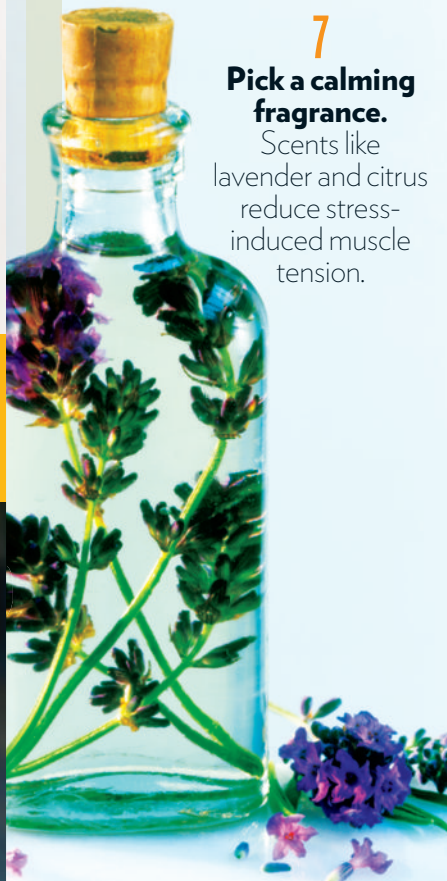
**Give in to retail therapy.**

Occasional shopping can make you happier and more confident.

7

**Pick a calming fragrance.**

Scents like lavender and citrus reduce stress-induced muscle tension.



8

**Make the bed every morning.**

By starting out with this simple chore, you're more likely to complete tasks and have a more productive day.



9

**Compliment someone!**

Sincere praise met with a gracious smile can create a positive environment for both the giver and receiver. It's also a great tool for improving social skills.