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LONDON PARIS NEW YORK

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## advisory board

### fitness

**Jade Alexis, NASM**, trainer, Reebok Sports Club/NY, NYC

**Ashley Borden**, fitness and lifestyle consultant; Nike Elite Athlete

**Kathie Davis**, executive director, IDEA Health & Fitness Association

**Joe Dowdell, C.S.C.S.**, owner, Peak Performance, NYC; author of *Ultimate You*

**Marty Jaramillo, PT., A.T.C., C.S.C.S.**,\* founder and CEO, I.C.E. Sports Therapy in New York City

**Jeanette Jenkins**,\* president, The Hollywood Trainer

**Jean Knaack**, executive director, Road Runners Club of America

**Cyndi Lee**, founder, Om Yoga, NYC

**Jari Love**,\* certified personal trainer; fitness DVD star

**Richard Miller**, owner and CEO, GymSource, NYC



**Patricia Moreno**,\* body and mind coach, [intensati.com](http://intensati.com); author of *The IntenSati Method*

Is there a phrase you use to help you get through tough workouts? "I tell myself 'Be a yes,' which means I'm willing to accept the challenge instead of resisting it. In this way I can access more strength, courage and passion, which leads to much better results and more joy in the process."

**Michele S. Olson, Ph.D., FACSM**, professor of exercise science, Auburn University at Montgomery

**John Porcari, Ph.D.**, professor of exercise and sports science, University of Wisconsin–La Crosse

**Keli Roberts, ACSM, ACE, AFSA**,\* trainer, Equinox Fitness Clubs, Pasadena, CA

**Gary Scott**, president, East Coast Instructor Training School; vice president, ECA World Fitness

**Alycea Ungaro**, owner, Real Pilates, NYC

**Jackie Warner, ISSA**, celebrity trainer; host of Bravo's *Thintervention With Jackie Warner*

**Vonda Wright, M.D.**,\* orthopedic surgeon, University of Pittsburgh Medical Center; author of *Fitness After 40*

### beauty

**David Colbert, M.D.**,\* founder, New York Dermatology Group, NYC

**Elissa J. Lunder, M.D.**, owner, Dermatology Partners Inc., Wellesley, MA

**Howard Murad, M.D.**, associate professor of dermatology, UCLA; founder, Murad Inc.

**Hema Sundaram, M.D.**, board-certified dermatologist and laser and cosmetic surgeon, Washington, DC

### nutrition

**Dawn Jackson Blatner, R.D.**,\* author of *The Flexitarian Diet*; spokesperson for the American Dietetic Association

**Leslie Bonci, M.P.H., R.D.**, director of sports nutrition, University of Pittsburgh Medical Center

**Rocco DiSpirito**, celebrity chef; author of *Now Eat This! Diet*

**Dave Grotto, R.D.**,\* author of *101 Foods That Could Save Your Life*

**Ashley Koff, R.D.**, nutrition counselor; founder, Ashley Koff Approved

**Kathy McManus, M.S., R.D.**, director, department of nutrition, Brigham and Women's Hospital



**Jackie Newgent, R.D.**, culinary nutritionist; author of *Big Green Cookbook*

How do I clean fruits and vegetables to get rid of the most chemicals without losing flavor? "Fill a spray bottle with one cup of water, one cup of vinegar and two tablespoons each of lemon juice and baking soda, and store it in the refrigerator. Right before eating, spray your produce, scrub and rinse with plain water, and then pat dry."

**Brian Wansink, Ph.D.**,\* John S. Dyson chair of consumer behavior, Cornell University, and director, Cornell University Food and Brand Lab

**Lisa Young, Ph.D., R.D.**, adjunct professor of nutrition, New York University; author of *The Portion Teller Plan*

### psychology

**Margo Maine, Ph.D.**,\* author of *The Body Myth*

**Nancy Redd**,\* body image expert; author of *Diet Drama*

### health

**Sarah L. Berga, M.D.**,\* James Robert McCord professor, department of gynecology and obstetrics, Emory University School of Medicine

**Madelyn Fernstrom, Ph.D.**, founding director, University of Pittsburgh Medical Center's Weight Management Center; author of *The Real You Diet*

**Sandra Adamson Fryhofer, M.D.**,\* clinical associate professor of medicine, Emory University School of Medicine



**Lori Mosca, M.D.**, director of preventive cardiology, New York–Presbyterian Hospital  
What does the food label "heart healthy" mean?

"There's no universal standard for this claim, so you should check the nutrition facts label. Choose foods that have less than 5 percent of the daily value for sodium, saturated fat and cholesterol. And there should be zero grams of trans fats."

**Mark A. Moyad, M.D., M.P.H.**, Jenkins/Pokempner director of preventive and alternative medicine, University of Michigan Medical Center

**Pamela Peeke, M.D., M.P.H., FACP**, chief medical correspondent, Discovery Health TV; Pew Foundation Scholar in Nutrition, University of Maryland; author of *Body-for-Life for Women*

**Ira Sacker, M.D.**,\* eating-disorder specialist, Sacker M.D. Associates; clinical assistant professor, NYU Langone Medical Center

**Nancy Snyderman, M.D.**, chief medical editor, NBC News; associate professor of otolaryngology, University of Pennsylvania

**Carolyn Westhoff, M.D.**,\* professor of obstetrics and gynecology, College of Physicians and Surgeons, Columbia University

\*exclusive member