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...AND MORE

OUR WORLD NOW

What we can learn from
some prominent leaders making
a difference around the globe

JANUARY 2012

IN-DEPTH //
NEW YEAR, BEST YOU



YOU, IMPROVED

The latest wellness trends, gurus and programs to help you get fit, lose weight, manage stress and live your life more fully.

By Melisse Gelula

WEIGHT-LOSS ESSENTIALS

Gluten-Free Foods. It's not just celiacs who are sensitive. It turns out the rest of us are busting buttons because of the grain-based protein. Now prepared foods, cookbooks and magazines are going gluten-free and even fine restaurants and resorts are catering to the cause.

Juice Cleanses. Popular raw food and juice cleanses, such as BluePrint Cleanse (1) and Organic Avenue (2), aren't explicitly intended for weight loss (they're meant to give your system a break from bad eating habits), but they can help you shed pounds and kick-start a better relationship with food.

The Eatery (3). This app acts like a photo food journal, but with feedback. Instead of numerical data about your food, it tells you when you eat the healthiest and how you're doing compared to the previous week. You can set your eating preferences ("I follow a vegetarian diet") and for encourage-

ment "follow" or allow yourself to be followed by select Facebook friends or your trainer!

High-Intensity Interval Training. Characterized by intense cardio bursts (think sprinting on the treadmill), these workouts are great for losing weight because they ignite fat-burning. There's also the slow-burn effect: You continue to burn calories long after you've left the gym.

THE GURUS

Bob Harper of *The Biggest Loser* and Jillian Michaels of *The Doctors* reign supreme as TV's most authoritative weight-loss experts. Nutritionist Joy Bauer continues to grab the spotlight for her "Diet SOS" call-in series on the *Today* show, while First Lady Michelle Obama's Let's Move! campaign is targeting the heart of good eating habits: our kids.

HOW TO GET WITH THE PROGRAM

Read William Davis' *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health* to



PHOTOS: ISTOCKPHOTO (YOGA); BLUEPRINT CLEANSE (CARROT, APPLE, BEET JUICE); MASSIVE HEALTH (THE EATERY); ORGANIC AVENUE (CUCUMBER JUICE)

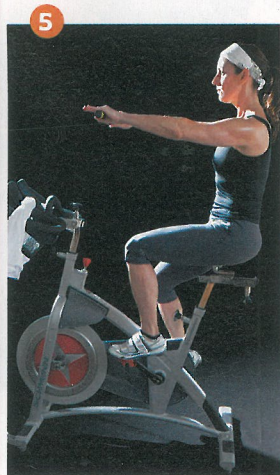


discover the link between your bagel breakfast and your resulting bagel belly. Sign up for Barry's Bootcamp (locations in California, New York and elsewhere), which alternates treadmill sprints and strength training, all set to pumping music.

TRENDY WORKOUTS

Dancing. It's fun to get fit when it doesn't feel like a workout, hence the recent wave of fitness-focused dance classes. Crunch gyms (4) are offering *Glee* workouts complete with sing-alongs, while Equinox has offered Pilates-meets-percussion classes such as Pound, using weighted drumsticks. And perhaps you've heard of a little phenom called Zumba?

Workouts With Entertainment Value. Boutique spin classes such as those offered by Flywheel (5) and SoulCycle, opening in state after state, have charismatic instructors who turn their classes into splashy events in studio settings that feel like the place to be.



Ballet Barre Classes. Long lean legs, toned arms and a high tush are a sign of working your muscles to the point of fatigue (thanks to squats galore at a ballet barre) and then quickly stretching them out. Ballet barre classes are filling up around the country with women working for that no-bulk look.

Yoga-Teacher Training For Civilians. These days every town has a yoga studio. As the growing yogi population gets more proficient, many are signing up for yoga teaching certification as a personal fitness challenge whether or not they plan to make a career change.

THE GURUS

Sadie Lincoln of barre3 (6) and Tanya Becker of Physique 57 are two of the many mavens of the barre. And David Kirsch, who trains Heidi Klum, is a perennial favorite.

HOW TO GET WITH THE PROGRAM

Sign up for a spin class at a Flywheel or SoulCycle near you. Try Zumba—or salsa! Visit a barre studio

or purchase a DVD and use the back of a chair as your at-home barre.

TOP STRESS RELIEVERS

Hitting The Reset Button More Than Once A Year. January 1 isn't enough. We probably need to do something quarterly—a cleanse or a spa retreat—something that reduces the “toxic load” of overworking and not rejuvenating.

Breath Work. It might seem like second nature, but many of us need to learn to breathe correctly. Controlling the breath helps to control the mind and calm that fight-or-flight feeling. When Dr. James Nicolai, medical director of the Andrew Weil, M.D. Integrative Wellness Program at Miraval, began offering the Arizona spa's Breath

The Digital Nag //



John Moore, research assistant with the New Media Medicine group at MIT Media Lab, on how technology can help reinforce healthy habits.

How can technology help improve our health? Although our medical system is skilled at dealing with sick people, it's not designed to teach people how to change their behavior so they can take care of themselves. Yet with technology, we can create solutions that rely less on doctors telling patients what to do and more on teaching people how to care for themselves while still receiving regular feedback from clinicians.

How does this work?

We ran a study with HIV patients who have a relatively simple task: Pop a daily medication or face dire consequences. Yet only 40 to 70 percent comply. To remedy that, we outfitted them with a cellphone application and a clock that provides a visualization of their medication schedule. The devices counted down to pill-taking time, provided real-time information about medication-taking goals and allowed participants to log their pill intake. That information was then transmitted to a clinician who could respond with video messages to the patients' devices.

What were the results?

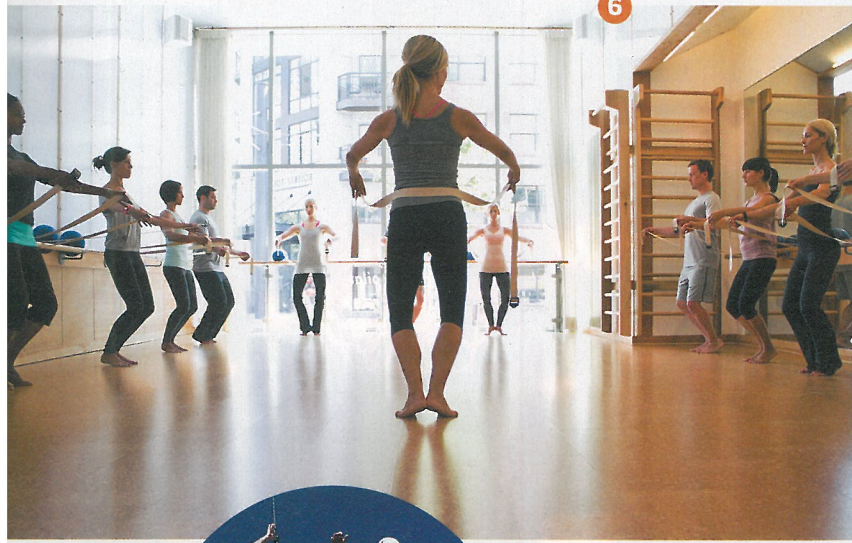
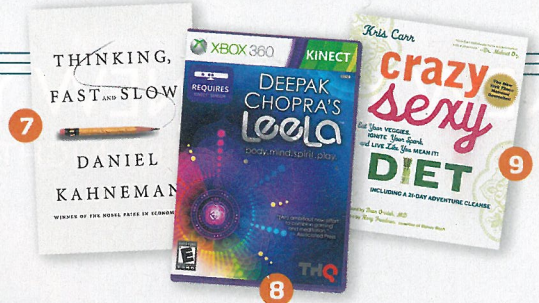
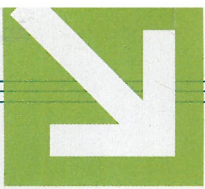
They took their medications more regularly. Similar projects are ongoing for other diseases, including asthma, hypertension and diabetes.

Why did this technology work so well?

It relies on data-driven social networking platforms where you connect with a few but very important people who can influence your health, and that can be a game changer. // —Karen Asp



PHOTOS: FLYWHEEL (SPIN INSTRUCTOR RUTH ZUKERMAN); CRUNCH GYMS (DANCE CLASS)



6



11

Walking class in October 2010, only a handful of people signed up. Now there are more than 30 in the class.

Slowing Down. It's the antidote to our fast-paced, always connected lives. In *Thinking, Fast and Slow* (7), Nobel Prize winner Daniel Kahneman exposes the pros and cons of fast thinking (and acting) in the stock market and in our own minds—and makes a good case for how slowing down can influence our thoughts and our behavior.

Meditation. More people are meditating or trying to learn meditation as a wellness tool. The mind-quieting, stress-reducing practice has been taken up by celebs—everyone from Gwyneth Paltrow to high-strung Russell Brand—and bookstores are overflowing with how-to guides.

Leela (8). The new Deepak Chopra video game for Xbox Kinect responds to your breath and puts you in the zone. While its actual meditation merits might be limited, the lava-lamp-like images are far out.

THE GURUS
For help in bringing balance to your life, check out Sharon Salzberg, meditation teacher and author of *Real Happiness: The Power of Meditation: A 28-Day Program*, and integrative physician Frank Lipman, founder of the Eleven Eleven Wellness Center in New York City and creator of the BE WELL by Dr. Frank Lipman line of supplement cleanses.

HOW TO GET WITH THE PROGRAM
Learn pranayama (breathing slowly and deeply) in a yoga class. Or sign up for a meditation class near you or for a retreat at the Insight Meditation Society's center in Barre, Massachusetts.

THE GOOD LIFE FORMULA
Happiness. Experts are providing the road map to this elusive pursuit, whether through tempering our "American dream" expectations or coming to view emotional health, anxiety and depression as something that can benefit from a wellness approach, acupuncture and mind-body medicine.

Life Coaching. Clear out the cobwebs of a stale relationship and unfulfilled career or polish up your relationship with yourself in one-on-one, group or teleseminar coaching environments that target your trouble spots.

Self-Love. While it's not a new concept, now it's not just for greater self-awareness or for better relationships. It's a necessary step for greater success at work and for good health. Cancer survivor, filmmaker and author Kris Carr (*Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It!*) (9) calls it "Becoming the CEO of me."

THE GURUS
Andrew Weil, founder of the Arizona Center for Integrative Medicine and author of many best-selling books, is a long-time go-to source for living a better life. A newer face on the self-improvement circuit is Gabrielle Bernstein (10), the 30-something author of *Spirit Junkie: A Radical Road to Self-Love and Miracles*, who wants you to give up control (and fear) to get ahead and get spiritual.

HOW TO GET WITH THE PROGRAM
Check out Weil's new book, *Spontaneous Happiness*. Buy a Breville juicer and make your own juice. Take the Quantum Leap (11) off a 25-foot pole at Miraval. Sign up for a life-coaching teleseminar by the Handel Group.

Journalist *Melisse Gelula* is co-founder of the wellness site *WellandGoodNYC.com*.



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Trend: Monotasking
Multitasking is overrated. Focusing on only one wellness goal at a time is the new badge of honor.

PHOTOS: BARRE; (SADIE LINCOLN AND CLASS); MIRAVAL; (QUANTUM LEAP); MACMILLAN PUBLISHERS; (THINKING FAST AND SLOW); THE (LEELA); GLOBE PEQUOT BOOKS; (CRAZY SEXY DIET); EAT YOUR VEGGIES; IGNITE YOUR SPARK; AND LIVE LIKE YOU MEAN IT!; DAN HALLMAN (BERNSTEIN)