

SPECIAL WELLNESS ISSUE

People

Wellness 2015

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LIFE!

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SHOWS
YOU
HOW

Plus!
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WORKOUTS,
STRESS BUSTERS,
STYLE & More!



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WHAT'S YOUR WORKOUT OBSESSION?



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

-Jillona Garcia Sanchez

"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 send all my money to is Soul Cycle. I completely buy into all of it."

-Ellie Kemper

10 Health Mistakes

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



1

Skimping 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

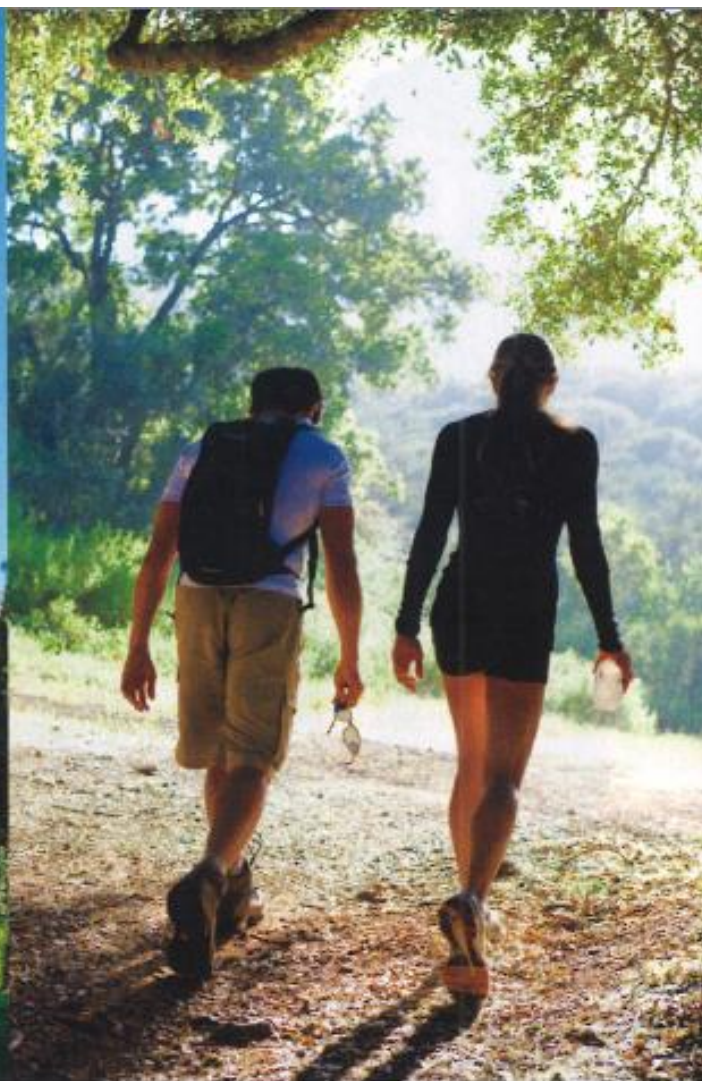
Waking up too early to work out. When you're tired, it's better to get your full zzz's than to fit in exercise. The extra sleep is often better for your health and weight goals than the quick (and probably sluggish) workout.

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.

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.

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!

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