

Happy, healthy holidays

*Pico's the place for
winter workouts*

It's that time of year when cookies are passed around the office, eggnog flows at parties and visits to the gym become less frequent.

Temptations abound, but a balanced approach to diet and exercise can help fend off the holiday season's threats to your waistline. Let the following fitness tips and offerings along Pico Boulevard guide you to a healthier holiday season and to a head start on New Year's resolutions.

"A lot of people gain about 5 pounds or so during the holidays, because of all the festivities and abundance of food and sweets," says certified personal trainer Fabian Lewkowicz, owner of Fit By Fabian. "There's also the change in the weather. There's less light, the sun goes down earlier, so this time of year it is just natural for your metabolism to slow down."

Since time seems limited during the holidays, Lewkowicz recommends keeping a pair of athletic shoes in the car, so you can squeeze in a 20-minute walk between activities. Multi-taskers can combine shopping and cardio by parking farther away and taking the stairs instead of the elevator.

"Twenty minutes of walking burns 100-150 calories, which is a cookie, a glass of wine or a soda," Lewkowicz says.

Strength-training once or twice a week is "imperative"



to counteract the loss of muscle mass that occurs after age 30, Lewkowicz says. Increasing muscle mass also increases the number of calories you burn, even at rest. Lewkowicz recommends targeting the large muscle groups, two joints at a time, with exercises like the chest press and seated row.

To avoid overeating at parties, Lewkowicz suggests eating protein-packed snacks like a handful of nuts or a cup of yogurt before going out. Lewkowicz advises against skipping meals.

"You'll be less tempted to indulge if you have something in your stomach," Lewkowicz says.

But don't feel you have to pass on all treats; just follow the 80-20 rule.

"If you're good 80 percent of the time, it's OK 20 percent of the time to go out and do what you want," Lewkowicz says. "It's no big deal to go out and party, as long as you get right back on [track]."

Through New Year's, Lewkowicz offers his Jumpstart the Fitness program—three training sessions for \$150. For more information, visit www.fitbyfabian.com.



Players Club Golf

3211 Pico Blvd.
(310) 478-4653
www.playersclubgolf.com

With fewer hours of daylight during the busy holiday season, fitting in a full round of golf can be challenging. Providing a less time-consuming way to practice golf was one of founder Dan Muzzey's goals for Players Club Golf, a membership-based indoor facility that offers full-swing golf simulators, instruction from PGA Pros, club fitting and a fitness studio. Play the 18-hole courses of Pebble Beach, St. Andrews and Torrey Pines without leaving Santa Monica and without worrying about weather or time of day. Ask about holiday specials.

Pilates on Pico

216 Pico Blvd. #9
(310) 403-2142
www.pilatesonpico.com

Take a break from shopping and step into Pilates on Pico's sunny studio, located a short jaunt from Santa Monica's shopping districts and the beach. New to pilates? The studio offers a special introductory package — two private sessions for \$99 — for new clients. Instructors Ruby and Marni develop personalized workouts for individuals, duos and trios at all levels, whether your goal is to get in shape, relieve chronic pain or improve posture.

YogaRat

2703 Pico Blvd.
(310) 584-1090
www.yogarat.com

Treat the yogi in your life to goods from YogaRat, which strives to offer products that are eco-friendly, high quality, affordable and fun. Choose from a selection of brightly colored nontoxic RatMats, microfiber yoga towels, RatFlips nontoxic flip flops and more. Products are available for order online.

Restore Pilates

1305B Pico Blvd.
(310) 913-7473
www.restoremm.com

Recharge your holiday cheer at Restore Pilates, which offers individualized instruction for singles, duos and small groups. Owner Jordan Osborn, a licensed massage therapist, also practices a form of massage therapy called K.A.N.O.N. (Kinetically Activated Nerve Organ Normalization), which combats chronic pain with a non-invasive fingertip technique and a specially calibrated machine called a Biopulser. Ask about the special \$45 new-client rate for an introductory pilates assessment session.

Virtual Snow

3105 Pico Blvd.
(310) 264-4800
www.virtualsnowla.com

Learn to ski or snowboard — without leaving the sunny coast — at Virtual Snow, which provides a controlled environment for developing skills and muscle memory. The experience may be virtual, but the workout is real. After a session with two-time world champion freestyle skier Bob Salerno, you'll feel like you've spent a day out on the slopes. Gift cards available.

Good Body Pilates

3229 Pico Blvd.
(424) 625-5518
www.goodbodypilates.com

Good Body Pilates provides a calm environment for individuals, duos and groups of up to four to focus on mind, body and spirit, free from the bustle of the holidays. Owner Emilie Bernstein works with clients of all backgrounds but says she especially enjoys working with women through pregnancies. This holiday season, treat a friend (or yourself) to a special offer of two private sessions for the price of one (\$80) for new clients.