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fitness

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SPOTLIGHT ON...

David Grotto, R.D., author of *The Best Things You Can Eat*

Hidden talent "My first career goal was to be a rock-and-roll star. I played keyboards in a band when I was in my twenties. I still play the accordion. Neighbors get 'Happy Birthday' performances on their doorsteps even to this day."

Dinner do "My wife and I have three teenage daughters, and the five of us try to have dinner around our table three to four nights a week. Our rule: You have to spend at least 30 minutes at the table and tell everyone about your day."

Heart-healthy scoop "I top cereal and even salads with my Tuscan Berry Medley. To make it, mix three cups of your favorite berries with two tablespoons of red wine and two tablespoons of honey."

Harley Pasternak, celebrity trainer, nutrition expert, author of *The Body Reset Diet*

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health

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nutrition

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beauty

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psychology

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

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

*exclusive member

Contributors



Kira Stokes

"You've got to shock the body to rock the body," trainer Stokes says.

Her "Torch Fat Fast" workout (page 67) includes explosive moves that raise your heart rate and target multiple muscle groups so you get better results in less time.



Peg Rosen

Reporting "Can You Be Fat but Fit?" (page 104) changed how writer Rosen thinks of people

at the gym. "I made so many judgments," she says. "Now I'm much more enlightened about how fit you can be without looking like a cover model."



Katie Webster

Bored with your go-to chicken dinners? "Chicken is like a blank canvas—you

can do whatever you want with it," says Webster, who developed the inventive recipes for "Spring Chicken" (page 130). Make her easy curried kabobs, Asian lettuce wraps and other tasty dishes part of your weeknight repertoire.



Ture Lillegren

Behind great photos, there's often great music. The upbeat sound track at this month's

cover shoot included plenty of Gang Starr and the Stooges. "It helped create energy, which made Damaris, the model, look even more athletic and beautiful," says Lillegren, a photographer in Los Angeles and an avid surfer.