



Beach Style Love Duds

Original founder of the health club-based bike craze Spinning, Johnny G and his clothing designer wife Jodi, have created a line of breathable, affordable workout wear for "beachy types" who head to the yoga studio or the gym and like to wear the same type of slouchy, comfortable clothes out at night. Santa Barbara-based Jodi says, "We create clothes to live, love, and play in... May you feel the warmth and well-bring we put into each piece." We especially love the layered tees and the eco-friendly gray hoodie. Log onto www.krancycle.com and head to their online Boutique.

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At Play With Harley Pasternak

He trains the world's most beautiful people—from Halle Berry and Eva Mendez to Jessica Simpson and Orlando Bloom—and his practical, can-do approach to diet, exercise, and lifestyle transforms lives one at a time.

Canadian-native Harley Pasternak now resides full-time in Los Angeles after nearly 10 years of traveling on movie sets with different A-list celebs. Arguably the world's most sought-after personal trainer, Pasternak says his anyone-can-do exercise approach and nutrition strategies will help you maintain a lean body weight, tackle excess body fat, and keep you inspired to train for life. Pasternak has also opened a very private training studio for his clients in West Hollywood, California, far from the prying eyes of the paparazzi, and has finished writing his third book called *Five Factor Fitness: The World Diet* (Random House, 2010) where he explores the 10 healthiest countries in the world and how we Americans can adopt some of their optimal eating practices.

Organic Spa: What is so special about your *Five Factor* program?

Harley Pasternak: My routines are only 25 minutes long—but I want you to commit to do them five days a week. But it's the regularity and consistency that keep you coming back for more, not to mention the results! We sandwich a series of easy weight-lifting movements into two separate cardio segments in small 5-minute increments, which keeps boredom at bay, and we always switch up the exercises so your body never quite adapts. Exercise can be really fun and playful if it's new and different all the time.
—N.D.S.