

# HARLEY PASTERNAK

# TRAINER To

# The STARS

BY LISA ARCELLA

**A**licia Keys, Eva Mendes, Kanye West, Nia Long, Vanessa Williams, Eve, Halle Berry, Benjamin Bratt, Common, Rick Fox, Sanaa Lathan, Donald Faison, Tracee Ellis Ross and LL Cool J all share a secret weapon. His name is Harley Pasternak and his *5-Factor Diet Program* has been keeping dozens of Hollywood stars in amazing shape for years. And now thanks to his *New York Times* bestselling book and cover stories about how he transformed tabloid cover girl Jessica Simpson's body, lots of people outside of LA are discovering him as well.

The plan is relatively simple and was originally designed to work around the short breaks celebrities have on movie sets or while performing. Basically it involves eating five meals a day, three hours apart, so you don't have the chance to get hungry. Each meal consists of no more than five ingredients and don't take more than five minutes to prepare. With twenty-five minute workouts for five days and one cheat day a week, you never feel like you are completely deprived from the things you love.

Unlike other diet and exercise gurus, Pasternak actually has the training to back up his concept. He holds a Master's of Science in Exercise Physiology and Nutritional Sciences from the *University of Toronto*, and an Honors Degree in Kinesiology from the *University of Western Ontario*. He is also certified by the *American College of Sports Medicine* and the *Canadian Society of Exercise Physiology*.

"With Harley's plan, the focus is not on starving yourself but on healthful living so you don't feel like you're missing out on the foods you love," says Alicia Keys. "Once you get started, you get addicted to looking, feeling, and living your best."

BN caught up with Pasternak, while he was in Vancouver, British Columbia promoting the virtues of Canada as a great place to get fit and have a relaxing vacation. He was also just about to head out on a 10-city tour with Kanye West and Common.

**BN:** Do your African American clients have different dietary needs?

**Harley Pasternak:** Yes, 85% of African

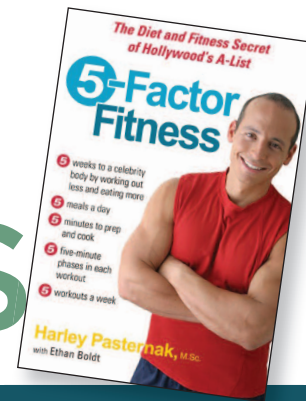
Americans are lactose intolerant and many of them are soy intolerant. We try them with lactose free soy products at first and usually they fare pretty well. Culturally, a lot of my African American clients grew up in environments with certain foods that they identify with comfort. That's how they celebrate, and we talk about how to prepare them in healthier ways or the healthiest choices they can make. One of my clients used to go home and have fried catfish and now his mom makes him baked catfish. You can do collard greens in very healthy way. One of my clients has now convinced his mother to make him sweet potato pie with Splenda. So, [we] make culturally comforting foods a little healthier. I come from Canada. We don't have that southern tradition. We have Caribbean food, so a lot of my clients growing up had a lot curries and that sort of thing and we look to find ways to make those healthier. Chick peas are one of the foods of that culture, so we try to use more of those instead of chicken or goat. Rice and peas is great, the rice and fiber - but instead of using a heavy gravy on it, we'll use the juice of a jerk chicken.

**BN:** How do you work with someone like Kanye when he is in a different city all the time touring?

**HP:** Film clients don't travel as much and it's a lot easier working with them because there're craft service tables and catering companies that I can talk to in advance. . . But this plan is doable in any city of the world.

**BN:** Do you ever have a problem with the mentality in Hollywood that everyone has to look super skinny to be considered in shape?

**HP:** I think that a woman should look like a woman and not a stick figure, and as a result of that, I have a lot of Latina and African American clients. They hold true the idea of the female body. You have to have an ass. There are certain things that are just important. I'm guessing Paris Hilton's trainer probably doesn't have a lot of ethnically diverse people training with him. None of my clients want that. They will say "I want this and this and this, but I don't want to lose my ass. I want to look like Eva Mendes." If they do say they want to look like a stick I say "sorry. I can't work with you". **BN**



## WHY VANCOUVER?

One of Harley's favorite places to escape LA and enjoy the great outdoors is to the beautiful Canadian city of Vancouver, which will host the *2010 Winter Olympics*.

"Culturally the US is a melting pot and Canada is a salad bowl," he says. "That's a huge difference for me. Even though everything is mixed together you can really identify each specific vegetable in the salad. There's really this amazing 'miniature U.N.' kind of thing - all the cultures do what they do and eat their food, and because they are so close to each other there's this sense of open-mindedness."

"It's also a great place to visit for African Americans. This is the home of the Underground Railroad. Our Attorney General is a Haitian woman. Canada never had slavery and Canada has one of the largest Caribbean populations in the world. And by the way, we don't call our people African Canadians. They are just Canadians."

## FAVORITE 5-FACTOR HOTSPOTS IN VANCOUVER:

- ▷ *Lululemon Athletics* on Robson Street —where to get all your gear for a great workout
- ▷ Cycling around *Stanley Park* - the best way to take in the spectacular views of the city and stop for a great lunch at *Sequoia Grill*
- ▷ A workout at *Studeo 55* on Alberni Street - You may see Halle Berry or lots of other celebs in the boutique gym or beautiful yoga studio (and its only \$22 a day for out-of-towners)
- ▷ A kayak trip to nearby *Granville Island*. Check out the bounty of food treasures you will find inside the island's *Public Market*
- ▷ A soothing spa treatment at *Skoah* to rest those weary muscles after a workout and to check out hip *Yaletown*.
- ▷ Finish the day with an amazing meal at sleek and fashionable *Metro* restaurant or try the best sushi this side of Japan at *Tojos*.

For more information visit:  
[www.tourismvancouver.com](http://www.tourismvancouver.com)