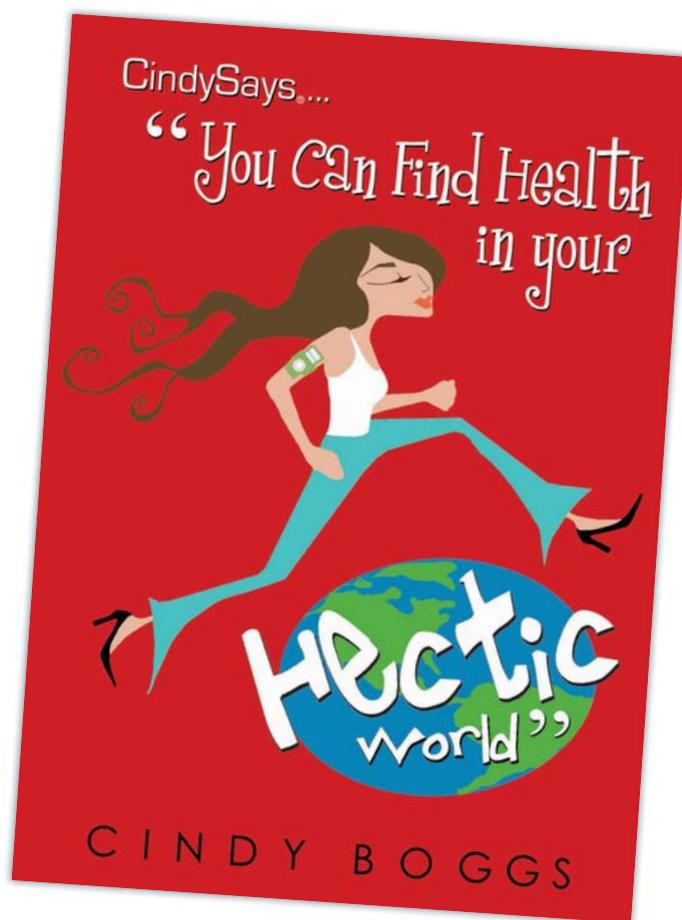


Take it from a Pro

Even the Most Dedicated Workout Buff Needs Kick-in-the-Ass Encouragement from Time to Time



Advice from a Pro Who Takes No Excuses

+ Writing | Lindsey Harr

Popular Vegas local Rico Connor of Totalhealth4life.net believes in talking straight. His best advice for someone who is trying to get in shape and keep weight off? Take action — and stop procrastinating. The excuses only make things worse, people. (Is there really a “good” time to get going?) Take initiative and start a diet and fitness program. Then follow through, because the longer someone waits and procrastinates, the further they get from their ultimate goal.

That may sound like basic stuff, but Vegas is full of people with busy schedules who keep putting fitness off. So Connor’s here to get you going, and he knows what he’s talking about: he’s a self-taught health and fitness expert and the author of the e-book *Total Health for Life, Mind & Body, What the Diet and Fitness Gurus Won’t Tell You*. Also a body builder and business entrepreneur, Connor has been featured in *Muscle & Fitness*, *FLEX*, *AXL*, *Health Smart* and *LVAC* magazines. (You may also recognize him from his work at the Rhino.) But his expertise lies in the fields of mind-body connection, nutrition, strength training and supplementation.

Yes, Connor is a firm believer in supplements. It

is impossible, he says, to get all the daily vitamins needed to maintain a healthy immune system simply by just eating healthy food. With numerous daily stresses and air pollutants, crucial daily vitamins and minerals are stripped away.

Eating right and getting a minimum of eight hours of sleep per night is a great start to a healthy life, but in order to get the best results, participating in a fitness regimen every week is necessary. Connor suggests four days of weight training and three days of cardio training (max of three hours a week of cardio). For those dieters with high blood pressure, lean muscle reduces high blood pressure, so weight training is great both for a rock hard body and the blood.

No more excuses at www.totalhealth4life.net

Actually, Exercise *Can* Fit in Between Brunch and Happy Hour

+ Writing | Ed Condran

Know any local workaholics with a packed social schedule and “no time” to work out? Oh, that’s you? Right. You’re not alone. According to the United Nations International Labor Organization, Americans work 250 hours a year — that’s five weeks more than the British and a ridiculous 500 more hours (almost 13 weeks) than Germans.

And Las Vegans are some of the most guilty over-workers.

But that’s no excuse, says Cindy Boggs, a health consultant and author of *Cindy Says ... You Can Find Health In Your Hectic World*. Everyone has a few extra minutes to squeeze in important mini-exercise routines — so pay attention.

“A lot of people find other things to do as opposed to exercise,” Boggs says. “It boils down to whether you value yourself. If you say, ‘My girlfriend doesn’t want me to exercise, or I can’t exercise because of work,’ well, you’re going to have an aging body that will deteriorate. You have to find a way to get active.”

Boggs is most disturbed by how many obese and out of shape people there are under 30 years old.

“It’s horrific,” she says. “The problem is that these people just don’t exercise. They need to exercise for at least 30 minutes a day.” For those who work two jobs or have crazy schedules, Boggs suggests dividing up an exercise schedule.

“Do 10 minutes in the morning,” Boggs says. “Or do 15 minutes in the afternoon. Maybe keep weights at work for squats, lunges and shoulder presses. Do 20 minutes at night. Ride a bike or jog. Once you get used to it, you’ll find yourself looking to exercise.”

Squeeze in a few reps at www.cindysays.com



Itching for a Hollywood-Worthy Body? 944 Went Straight to Harley Pasternak, Super Trainer to the Stars

• Writing | Lisa Arcella

Alicia Keys

Grammy-winning star Alicia Keys has said she's "addicted" to Pasternak's 5-Factor Diet. Part of the appeal? Pasternak's methods of teaching clients how not to cheat. "Have a 'free' day instead of a 'cheat' day," he says. "With a 'cheat' day, there's some sort of pressure to have pancakes and whipped cream. A free day means that if you want a burger have one, or if you want to eat healthy, eat healthy." How do music stars like Keys compare to Pasternak's Hollywood patrons? "They have very different schedules," says the trainer, who also works with Kanye West. "Film clients don't travel as much, and it's a lot easier working with them because there are craft services tables and catering companies that I can talk to. When it's 3 a.m. in a studio, there has to be a lot of planning in advance, and it constantly has to keep changing because the environment keeps changing."

Get a stage-deserving figure like Keys' at 24 Hour Fitness
www.24hourfitness.com

Halle Berry

Hot mama alert: Halle Berry's pre-pregnancy figure was always a Hollywood ideal, and now she's wowing insiders with her voluptuous baby bump bod. To get muscles like those of the former Pasternak client, he recommends a regimented cycle of weight training. "Slowly increase the volume with time," he says. "Do three sets of 30 repetitions today, and then maybe next week do three sets of 25 reps but a little bit heavier. Add a set, and drop the number of reps to make it a little bit more challenging. Keep going to a certain point, and then reverse it, making it lighter and lighter." Pasternak builds in plenty of muscle-challenging moves. "What changes over time is the complexity of the exercise," he says. "As you become more fit, you can handle more weight. Also, on your second cycle, maybe I'd start with four sets of 30 instead of three."

Accent a svelte bod with muscles at the Venetian's Canyon Ranch SpaClub
www.canyonranch.com

Jessica Simpson

By far Pasternak's most famous body makeover, Jessica Simpson is a walking advertisement for the trainer's popular 5-Factor Diet. "There might be someone else who can make you look skinnier faster than I can, but you'll realize that you have to look good for more than just that one scene or that one film," Pasternak says. Can't get an appointment with the guru himself? Buy his new book, *The 5-Factor Diet*. "To build muscle, you have to eat extra food," he says. "If your diet is off, it's like building a house. Without the extra bricks, do all the construction you want — your house won't get any bigger. It will just be a different shape." To get her famous shape, Simpson leans toward grilled chicken and veggies — and plenty of strength training to mold her much sought-after sculpted legs and rear.

Get addicted to lunges and squats like Jessica Simpson way at LA Boxing
www.laboxing.com

Miley Cyrus

Beautiful 15-year-old Miley "Hannah Montana" Cyrus has started stealing the show on the red carpet, showing off her long, lean legs via short designer dresses. Want similar gains? The trick, Pasternak says, is choosing a lifelong workout. "When my clients ask me what I think about a certain yoga class or whatever, I ask them to ask themselves this question: 'Is this something you can see yourself doing every day for the rest of your life?' If the answer is 'no,' don't even begin." Skeptical? Cyrus' proud trainer points out the obvious: "Do you see yourself exercising for 30 minutes a day for the rest of your life? When my clients say, 'Yeah, that's not too extreme,' the routine is then created as a way of life." Pasternak should know — he's being training for as long as Cyrus has been alive and also has Kate Beckinsale and Eva Mendes on his roster.

Develop a lifelong Pilates routine at Core Fit Pilates Studio
www.mycorefit.com