



JOAN HYMAN

Yoga instructor, Wanderlust Hollywood, classes \$20, wanderlusthollywood.com

TIP 1 Getting enough sleep is vital for natural, sustainable energy when you are not relying on caffeine or anything external for energy. **TIP 2** Drink lots of water and eat clean, organic food. Staying hydrated and eating clean is the key for building strong digestive fires that strengthen our metabolism. **TIP 3** Move your body daily! Circulation is important to maintain the health of your bones and joints.

MINDFUL MOVEMENT

From resolutions to diet plans and fitness goals, the beginning of a new year signifies a time to reset and renew. Here, four of L.A.'s premier fitness instructors offer up their top three tips for living a healthy lifestyle.

By Meg McGuire



ASTRID SWAN MCGUIRE

Trainer, Barry's Bootcamp, classes \$28, barrysbootcamp.com

TIP 1 Make time for yourself and your fitness. I incorporate 10 minutes of meditation alongside sweating at Barry's Bootcamp. I also believe in a full day of rest. **TIP 2** Every night, I list four positive things from the day—taking that time gives me a peaceful night's rest. **TIP 3** Each evening, I review my schedule for the next day and prepare my meals accordingly. Not knowing when and where I will eat stresses me out.



MARCO REED

Personal trainer, training sessions \$160, getbeyondfit.com

TIP 1 Move six out of seven days—don't be afraid of heavy weights and getting your heart rate up! **TIP 2** Identify one form of exercise that you love and don't count the minutes. For me, salsa dancing fits this description. **TIP 3** Rest is as important as movement. I place sleep as the No. 1 priority. If you are debating over a workout, healthy meal or nap, choose the nap. Then wake up and do the other two!



DAVID ZINT

Senior instructor, SoulCycle, classes \$30, soul-cycle.com

TIP 1 Get your body moving. Do what brings you and your body joy in an environment where you feel supported and are willing to push yourself. **TIP 2** Eat your greens. A diet that focuses on veggies can reduce inflammation and lessen the chance of developing chronic illnesses. **TIP 3** Focus on the good. Think positive thoughts [and] surround yourself with positive people and vibes—you will see positive results in your life.