

GENLUX

MAGAZINE



Dita Von Teese

THE FALL FASHION ISSUE
TOKYO RISING!

Fashion+Beauty+Shopping!

GENLUXSHOP



SO MUCH TO DO, SO LITTLE TIME... MAKING HEALTHY CHOICES CAN BE DIFFICULT WHEN YOU'RE LIVING IN LA'S FAST LANE, SO WE'VE WRANGLING SOME PROFESSIONALS—AND PRODUCTS—TO HELP YOU GET BACK ON THE PATH TO WELLNESS. —ANASTASIA



Packages range from \$110–\$299. Petranek Fitness, 1453 14th St., Unit C, Santa Monica, 310-260-9550, petranekfitness.com

Feeling stressed out? Overworked? Pressed for time? If the answer is yes, you're not alone. Thankfully, there's CrossFit, a workout routine designed for those of us who don't have hours of free time to spend in the gym. **Andy Petranek** of Santa Monica-based **Petranek Fitness**, which uses **CrossFit** as its primary training method, gives *Genlux* the skinny on this workout for the time-deprived:

What is CrossFit? CrossFit is a strength and conditioning fitness methodology aimed at creating the quintessential athlete: equal parts gymnast, Olympic weightlifter, and sprinter. CrossFit features varied workouts based on functional movement performed at high intensity. Workouts are brief—often 20 minutes or less—and rely on the body's own resistance through exercises such as squats, running, pull-ups, and sit-ups. The goal is to perform the workout as quickly as possible. **What are the benefits of CrossFit?** CrossFit is a butt-kicking workout that comes with guaranteed results. Whether you're seeking a tighter butt, ripped abs, cut shoulders, or weight loss, the system delivers. Workouts are short and very intense. Unlike most workouts, CrossFit training focuses on athletic performance and capacity, not losing body fat, or gaining muscle...those results come naturally as a byproduct of improved performance. The WOD, or workout of the day, changes every day so you will never get bored and the workout remains challenging.



The old adage still rings true: Less is more—especially when it comes to products and treatments. **Stacy Malkan**, author of *Not Just a Pretty Face: The Ugly Side of the Beauty Industry*, gives *Genlux* a few tips about how to make healthy beauty choices: "In general, the best advice is: simpler is better. Choose products with fewer synthetic chemicals, fewer ingredients overall, and no synthetic fragrance—and ask yourself if you really need the product. Bubble baths, air fresheners, expensive perfumes, and elaborate hair treatments can add unnecessary toxic exposures—and cost—to our lives. A great tool consumers can use to research products is Skin Deep (cosmeticdatabase.com), a free online database that provides toxicity scores for more than 25,000 products. I don't like to name particular brands, but there are many good ones and many that

I use. Skin Deep is also a great place to research companies and see which

Not Just a Pretty Face, \$15.95, barnesandnoble.com



"THE GOAL BEHIND TEAVALIZE IS TO TAKE A TRADITION THAT'S MORE THAN 3,000 YEARS OLD AND MODERNIZE IT FOR THE 21ST CENTURY. WE ARE ALL ABOUT DOING SOMETHING SIMPLE EACH DAY TO KEEP OURSELVES HEALTHY. TEAS ARE NATURALLY HIGH IN ANTIOXIDANTS AND POLYPHENOLS, WHICH HELP RAISE THE RATE AT WHICH CALORIES ARE BURNED—SOMETHING WE SHOULD ALL GET MORE OF. EVERY DAY THERE ARE NEW HEADLINES AND STUDIES ABOUT THE BENEFITS OF NATURAL TEAS, AND THEY ALSO TASTE GREAT. WHY NOT DRINK THEM?" —**JULIETTE SUSSMAN, FOUNDER, TEAVALIZE**

Countless cultures all over the world have long embraced tea for its many health benefits, but hot tea—especially of the loose-leaf variety—isn't always the easiest beverage to grab on your way out the door. **Teavalize** is making it easier to embrace this healthy choice with its patent-pending **Travel Infuser**, a double-walled portable container with a stainless-steel filter that keeps the tea leaves where



\$14.95–\$25.95, teavalize.com

EXPERT OPINION: HEALTH & WELLNESS

HOW OFTEN DO YOU ACTUALLY EAT FIVE SERVINGS OF FRUITS AND VEGETABLES A DAY? PROBABLY NOT THAT OFTEN; AFTER ALL, IT'S NOT EASY, WITH SO MANY ON-THE-GO FOOD CHOICES CREATED FOR TASTE RATHER THAN HEALTH. THINKFRUIT BARS, MADE OF UNPROCESSED FRUITS AND NUTS—AND ANTIOXIDANT-RICH SUPERFRUITS—OFFER A QUICK, HEALTHY SOLUTION. THEY'RE ALSO HIGH IN OMEGA-3 FATTY ACIDS, WHICH HELP BOOST IMMUNITY AND PROTECT YOU FROM DISEASE. THINKFRUIT BARS COME IN FOUR NEW FLAVORS: CHOCOLATE POMEGRANATE POWER, ACAI PROTECT, PEANUT GOJI GLOW, AND APPLE NONI NOURISH. \$1.29 EACH, WHOLE FOODS, BEVERLY HILLS, 310-274-3360



thinkFruit™
APPLE NONI NOURISH

superfruit
nutrition

NET W