

# Ronit's Favorites: Working Out in the City

Choosing the right foods isn't the only choice that is important for health, it is also crucial to stay active and find fitness activities that you truly enjoy. I've created a list of my favorite workouts and gear in New York City below. I encourage you to try these and also do some exploration to find classes and products that make you happy and inspire you to keep up with your health goals.

## Favorite Workout: Tracy Anderson Method



Working out with  
Tracy Anderson

When I first came to work out at Tracy Anderson studio on Hubert street, I considered myself very fit, but I was bored with my spin, bar, and pilates routine and I was searching for a new fitness challenge. At Tracy I found that amazing challenge and I finally achieved the fitness results I was striving for. But more than simply a great workout routine, I discovered that I enjoy my workouts at Tracy because I joined a community of women who are striving everyday to be their

best both inside and out. Three years later, I feel that even though I got older, my fitness is the better than it as ever been and my body changed in ways I never thought possible for me. Not only do I feel strong, I also have great cardio stamina and I maintained my flexibility. Most important is that I am NEVER bored and NEVER feel unchallenged by Tracy's workouts. It is true that some days when my head is stuck backwards on the mat and my legs are in places I never realized legs can go, and the sweat is dripping off me like a faucet, and the music is blasting so loud... and I say to myself... Is this really what it takes to look good and feel good at my age? But after I shower and hydrate, I feel so alive and so inspired, and I know that the mind-body connection I experience during my Tracy workouts are irreplaceable. I am beyond grateful for my friend who introduced me to Tracy and my family who support my Tracy addiction and allow me the time and flexibility to do what I love.

### **Favorite equipment: the Biomat**

I love meditating and relaxing on my biomat, it helps me feel grounded and re-energized. I use the mat for 20 minutes to warm up my body, to help me fall asleep when I am premenstrual or stressed. and to recover from challenging workouts.

### **Favorite gear – sports bras: the Sweaty Betty Stamina Sports Bra**

These bras offer great support, are support comfortable and last forever.

### **Favorite gear – everything else: Bandier**

Bandier has one location in Flatiron and one on the Upper East Side and is my go-to for athletic gear in the city. They have an incredible selection of high-quality, stylish workout gear.

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# S.H.E. Motivates!

Last month, I attended the S.H.E. Summit in New York City. This two-day event was organized by women's leadership and lifestyle expert Claudia Chan. The conference was attended by women of all age groups, ethnicities and professional backgrounds. The speakers included 40 women in successful positions who reflected upon their achievements and shared practical leadership advice about how women can grow their business or career, make shifts in their life to achieve greater balance and happiness, and expand their networking with other amazing women. The "sisterhood is powerful," said one speaker, an observation that resonated through the attendees and experts.

High off the energy of thousands of women who participated in the S.H.E. Summit, who gathered to celebrate, collaborate and share, I was particularly inspired by Dondeena Bradley, VP of design and development, nutrition ventures, at Pepsico, who said, "Your best self requires your whole self." Often women feel guilty about cultivating their careers, business, family, health or spirituality. It is as if devoting time to our personal goals is somehow overindulgent. What I learned from my experiences as a mother, spouse and career woman is that I am at my best when I attend to all my goals, all my needs and all my aspirations.

I am at my best when I am everything I need to be me. Lubov Azria, chief creative officer at BCBGMAXAZRIA, said, "Inspire people to be better than they can imagine for themselves."

This is my goal at Smart Life Health Coaching. I want to

inspire you to be your best, to be your whole self! I can imagine that. And I hope you can imagine that for yourself, too. You deserve it.