

# LIFESTYLE

★★★★ THE BEVERLY HILLS COURIER ★★★★★

## Get Fit Inside And Out In The New Year

By Amanda Peabody

Everyone's New Year's resolution, it seems, is to get fit.

But how? Starting a restrictive diet can be risky and blindly beginning a fitness routine can prove harmful, not to mention short lived.

Your alternative? Get some great advice at a quality space where you invest in your future, not only your physical appearance.

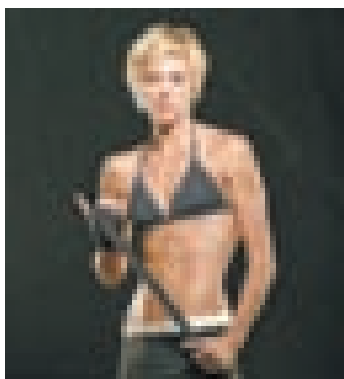
This week, I took a look at two cutting edge fitness centers here in the Beverly Hills area to find where you can get the biggest bang for you buck.

I met Jackie Warner at **Sky Sport & Spa** (8500 Wilshire) to discuss the finer points of getting in shape and to tour her now famous penthouse gym. Warner, a veteran of the industry, showed me the impressive facilities she helms at the corner of La Cienega and Wilshire.

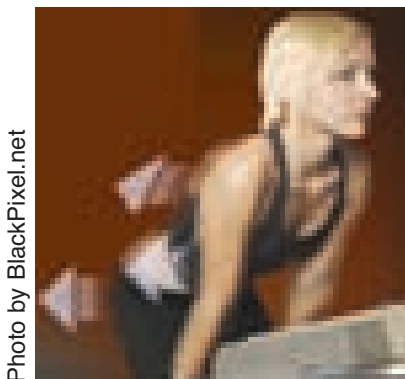
Her philosophy is centered around using the body's own resistance for power circuit training. "I do everything to muscle fatigue because you get the fastest results," Warner says, the idea being to work the upper body and lower body alternately with no rest. "Women especially are not used to pushing their body to their limits," says Warner. "Within a month with me or my trainers, their whole energy changes."

In addition to working the outside, Warner and her staff of trainers, a chiropractor who can counsel on nutrition and physical therapist, offer a total transformation from the inside out. "If you're not happy on the inside, you won't look good on the outside," says Warner. Her comprehensive, week long SkyLab program offers counseling to clients in addition to teaching them about nutrition and fitness. "You can be a functioning alcoholic or drug addict and no one knows," Warner says. "But if you're overweight, you wear your addiction on the outside." SkyLab participants make long-lasting breakthroughs that last, thanks to Warner's approach. "SkyLab targets you from every angle," she says.

Sky Sport & Spa is an appointment-only facility that takes insurance. "If you have healthcare, you can pay a co-pay and get elite training," Warner says. Although Sky Sport & Spa is rather affordable: You can drop-in for a Warner-run bootcamp for only \$40 a session, with a twilight bootcamp for only \$25. Trainers range from \$75-120 per session, with a complementary 30-minute consultation to get you started. Sign-ups for SkyLab for March 21-28 are going on now,



Fitness expert, Jackie Warner.



Vibrate yourself to fitness at FBE.

Photo by BlackPixel.net

running \$6000 for double occupancy rooms, \$7000 for singles (all expenses included except for airfare).

For more information on Sky Sport & Spa visit [www.skysportspa.com](http://www.skysportspa.com) or call 310-652-7721.

Looking for other alternatives to the traditional gym? Why not try **FBE Spa** (5858 Wilshire Blvd., Suite 200, Los Angeles), a holistic approach to health and fitness. Opened just five months ago by founder Joseph Harounian, FBE (Full Body Evolution) provides first-class alternative wellness treatments.

FBE features the latest equipment to keep you youthful, fit, and free of toxins. The gym is equipped with the United State's only Vibration Exerciser EOS 6600, a celebrity-touted whole body vibration machine that promises the same effects of an hour's run in a fraction of the time. "We don't tell people to stop their regular gym routine, but many do," says Harounian. Jonathan Bierner, FBE member,

says, "I was working out five times a week before and now I've noticed new muscles. I've reduced my cardio at the gym."

In addition to the Vibration Exerciser EOS, FBE is also equipped with several Infrared Jade Saunas, Air Therapy machines, whole body massage beds, and a Vivente Body Composition Analyzer for those looking to lose weight. FBE also retains an acupuncturist, a chiropractor and a massage therapist on staff. FBE offers a full line of Genesis holistic products for those looking to cleanse, detox and lose weight to complement your experience.

"[FBE] has totally changed me," says Marc Logan, participant in the FBE program for only one month. "I have a whole new vitality when I wake up in the morning."

FBE memberships run \$200 a month and are available by appointment only. Day passes are offered for \$100, with the fee being applied to membership. For more information, visit [www.fbe-spa.com](http://www.fbe-spa.com) or call 323-936-3737.

## Matchmaker Find Me A Match

By Abbey Hood

Svetlana sits in an office in the what's known as the "industrial area of Beverly Hills" on Maple Drive.

She sits behind a beautiful desk in front of photos of women aligning the wall.

But, these aren't plain janes. There is headshot after headshot of "10s."

What's amazing is these women are single. They can't find love, so they call Svetlana.

A "matchmaker" with more than 700 clients, this Russian born businesswoman has been operating a successful matchmaking business for more than 10 years, five years in Beverly Hills.

Her list of clients includes top executives at agencies, CEOs, doctors; people who are busy, work long hours, who just don't have the time to meet someone.

"No one wants to go to a bar and meet someone," she says. "And they don't want to date someone at the workplace because you know how that goes."

So they submit an online profile to Svetlana, she evaluates the profile and if the candidate meets her requirements, she calls them in for an interview. If she gets a good feeling, she will take them as a client.

How did she get into the unusual profession?

As a successful real estate agent in St. Petersburg, she had

executive clients in Beverly Hills that were asking for introductions to her friends.

So, she started making a go of matchmaking.

With years in the business, she warns not to make basic mistakes on first dates:

- Leave your cell-phone at home!
- Don't mislead one another on the first-date – always be honest about who you are and what you want.
- Don't flake – if you promise something follow through.
- Be thoughtful on the first date.
- Don't show up poorly dressed.
- Go to places that make you feel comfortable.
- Lastly, don't drink on a first date.

Sveltana also warns to pay attention to "red flags" and trust your intuition, it's usually right.

For more information or to attend one of Svetlana's seminars call 310-247-1447.





# Annual Winter

# SALE


**Starts Tomorrow!**  
**January 10th 9:30 am**  
 We will be open Sunday, January 11th  
 12:00 pm til 5:00 pm

**LARGEST  
REDUCTIONS EVER**

**50% and  
More Off**

425 N. Canon Drive  
 Beverly Hills, CA 90210  
 (310) 273-9668

## MICHAEL HAKIM



The information for my campaign kick-off date is as follows:

**Sunday January 11th,  
2009 from 11am - 1pm.**

**601 N. Palm Dr.  
Beverly Hills, CA 90210**

**Some other information you could include:**

- Life-long resident
- Preserving and improving the special nature of our city
- Grassroots campaign and ask for your support
- Small business owner in Beverly Hills