

ASPENPEAK[®]

LOCAL HOT SPOTS!

WHERE YOU CAN FIND

STELLA MCCARTNEY, VINCE VAUGHN,
DAN ABRAMS, DAVE CHAPPELLE,
MISCHA BARTON, JOHNNY DEPP,
AND GOLDIE & KURT
MIXING AND MINGLING

IT'S BIG, IT'S BEAUTIFUL
BUT WHY IS RED MOUNTAIN
SO RED HOT?

ANIMAL ATTRACTION
THE NEW ASPEN ANIMAL
SHELTER KICKS THINGS OFF

EXCLUSIVE!

SUSAN
Sarandon

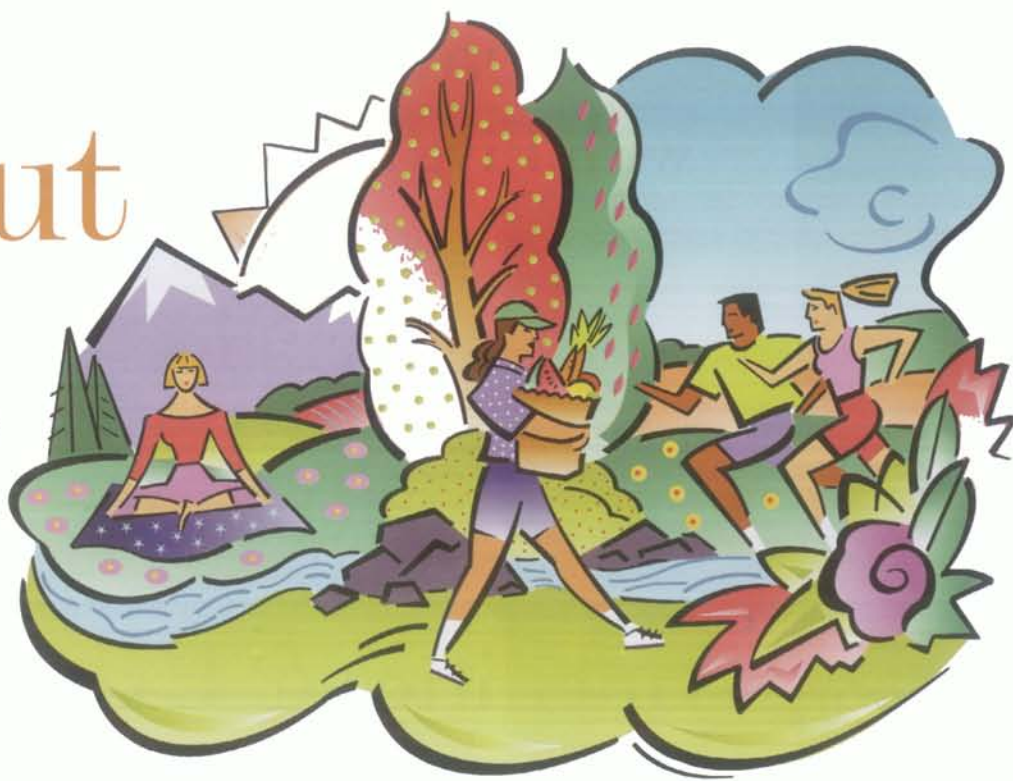
THE BIG-SCREEN BEAUTY RAINES
FOR THE ROARING FORK VALLEY

STAR CONTRIBUTORS

JOHN OATES, MAYOR HELEN KLANDERUD, JIM CROWN,
DEBBY FIFIELD, MARIA BELL, ESTHER PEARLSTONE,
BILL BEIDLEMAN, SHERIFF BOB BRANDIS, AND MORE

Work It Out

Clint Phillips, noted therapist and founder of the esteemed Aspen Back Institute, helps people from all over the world get aligned. And when it comes to a summer shape-up, he can do the same for you.



YOU SURVIVED THE SKI SEASON UNSCATHED (we hope), and ever since the snow started thinning you've probably been thinking about summer—and the body that goes with it. With a little forethought, you can get what you want. Let's get started!

We've all received plenty of advice: Eat this, exercise like that, take this supplement, drink a dozen glasses of water a day. The people I consult read as much as I do—sometimes more—and they're always looking for the next fitness secret. I'm lucky enough to meet the world's most amazing people here in Aspen who redefine fitness and health. We call them "legends" because of the example they set, and here are their secrets.

EXCITING GOALS: Setting a boring goal to lose 10 pounds is a sure way to fail. Even if you shed the weight, it's likely to come back. Choose fun goals like running the Boogie's Diner Buddy 5-Mile Race (July 4; buddyprogram.org), cycling to Vail, winning a match against your tennis pro, or taking part in the Aspen High Country Triathlon/Duathlon (August 19; aspenrecreation.com). A goal should excite and scare you at the same time. When the brain decides to do something, the body finds a way. And don't give me that age excuse—I have clients who are 30 years older than I am who beat me at activities every week, and I love it.

LESSON LEARNED: Legends constantly explore new activities, and they get better at them every year.

STRATEGIC ALLIANCES: Get together with friends who are fit, motivating, and healthy. Schedule regular activities with them and ask for their assistance in pushing you to new heights—a good friend will love to help your cause. Consider a personal trainer and book him or her in advance. Our institute serves as a strategic alliance for many people, and we have seen

them exceed their highest goals.

LESSON LEARNED: Legends don't meet friends for drinks and sit for two hours; they meet them for a walk up Smuggler Mountain or a game of tennis.

CONSISTENCY: Miracles happen, but they're seldom instantaneous. Weekend warrior games, fad diets, and new supplements do not lead to wellness. Commit at least one hour a day to your health. People sometimes e-mail us 10 months ahead to book treatments and training. It sounds extreme, but wait until you see what they achieve.

LESSONS LEARNED: Legends keep up a daily health schedule—it's a part of their lives.

THINK NUTRITION: Eat five or six small meals a day. Studies show that people who eat 1,600 calories over six meals have less body fat than people who eat three meals *totaling* 1,600 calories. Have some protein at every meal—it's essential for building a toned, strong body and for maintaining lean muscle—and be sure to include plenty of nutritionally dense fruits and vegetables. Avoid a food rut by reaching for a variety of eats (nuts, berries, beans, greens). Most people average 60 foods a week; raise that and try for 200.

After all is said and done, remember to reward yourself when you meet your goal. Book a European cycling tour or try a signature treatment at the Aspen Back Institute. You'll be amazed at what a little positive reinforcement can do. ♥♥

Aspen Back Institute, St. Regis Resort, Aspen, 315 Dean Street, 970-920-7772; aspenback.com.