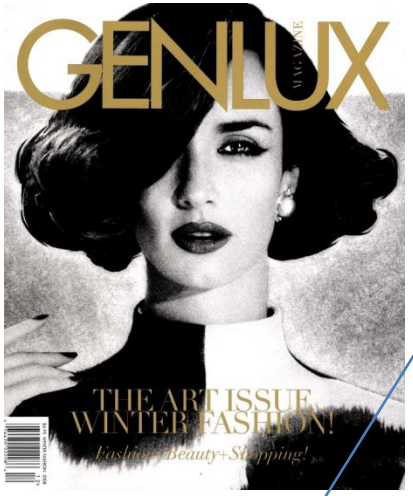
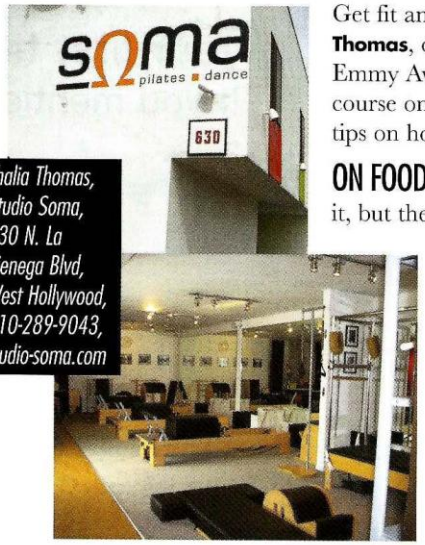
OUTLET: GENLUX
DATE: WINTER 2008
CIRCULATION: 80,000 EVERY OTHER MONTH
IMPRESSIONS: 320,000





Thalia Thomas, Studio Soma, 630 N. La Cienega Blvd, West Hollywood, 310-289-9043, studio-soma.com

Get fit and healthy with celebrity Pilates instructor **Thalia Thomas**, owner of West Hollywood's **Studio Soma**. Every year, Emmy Award nominees call on Thomas for her two-week crash course on how to get in shape for the red carpet. Here are her tips on how to get the physique you've always wanted.

ON FOOD AND DRINK: "Diet, diet, diet—no one wants to hear it, but the fact is if you don't change your diet, you may as well wrap yourself up in the red carpet and hide from the camera. You have to drink water. Drinking water makes you lose weight. Follow a low-calorie diet that suits your body, and for two weeks you must abide by the rules: nothing fried, no sugar, no cheese (cottage cheese is OK). Meat is fine as long as the portion you eat is no bigger than the palm of your hand. No cookies, muffins, or ice cream. No juices or smoothies. No condiments. Use cottage cheese or balsamic vinegar on your salad. No caffeine. No tea, no coffee, no diet sodas. No colored veggies—only green. Carbs are fine if you are working out; if you have pasta or rice, eat only one cup with no cream or cheese sauce, only marinara. Breakfast, snack, lunch, snack, and dinner."

ON EXERCISE: "To burn calories and squeeze off inches, there is a winning trio that works, hands-down: cardio, Pilates, and diet. Cardio burns calories and should be done three to four times a week, with intervals. The body needs intervals so that during the low levels of cardio, the body has a chance to dump what it brought up to the surface during the high levels of cardio. Cardio can be running, spinning, dance, aerobics, etc. Each cardio session should be 30–45 minutes. Pilates mat work is key for strengthening the abs and making them flat. Pilates will also give you long, lean lines and firm your buttocks and thighs while stretching your muscles. Pilates makes you lose inches." —*Thalia Thomas, Studio Soma, 630 N. La Cienega Blvd, West Hollywood, 310-289-9043, studio-soma.com*

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