



HOT NEW FITNESS PAD

» Fitness pro Gunnar Peterson has brand new digs in Beverly Hills. "It was the perfect spot to set up shop," says the man getting Jennifer Lopez back in top form after twins. The gym boasts luxury amenities, a basketball-court-length track, and myriad high-tech gizmos to get you fit. Try the Quadmill for intense squat work or ride the Espresso bike into space thanks to killer motion graphics. Best of all: Peterson's no-nonsense approach is intact.

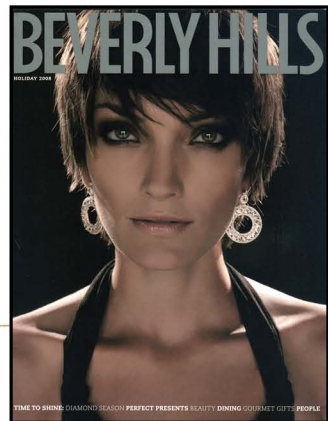
Gunnar Peterson
9975 Santa Monica Boulevard
Gunnarpeterson.com

CAUSE AND EFFECT

» THE DIET DOC

When the scale starts creeping in the wrong direction, those in the know call Dr. Eva Cwynar. "Everyone can lose weight, and if you're not losing, there's always a reason," says Cwynar, a metabolic specialist who sets out to find it. Her in-depth testing methods can uncover nutritional deficiencies, digestive abnormalities, food sensitivities, and thyroid issues. With the holidays upon us, you may just want her on speed dial.

Dr. Eva Cwynar
465 North Roxbury Drive, Suite 733
(310) 271-5438 | Dreva.com



SAVING FACE

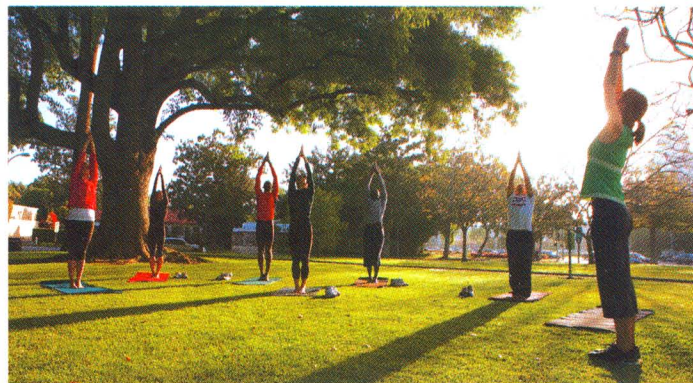
SKINCARE TO SHARE

» If the salesgirls in Neiman's cosmetics department look particularly radiant, chalk it up to a little insider trading with the boys behind the new men's grooming line, Alford & Hoff. Get your pretty little hands on the Microdermabrasion for skin as smooth as silk.

\$85
Neiman Marcus
9700 Wilshire Boulevard
(310) 550-5900 | Neimanmarcus.com

What the Pros Know

Tips from the experts to keep you glowing from the inside out.



» YOGA TREND

When Angie Stewart, a Beverly Hills trainer and die-hard runner, injured herself, she never imagined yoga would be the answer. From her competitive viewpoint (her athletic background includes swimming, volleyball, and basketball), Ohm-ing sessions seemed a waste of time. That is, until consistent classes cured her injuries. She has now created Runner's Yoga 90210, a class that meets in Roxbury Park for a one- to three-mile run followed by power yoga. The blend is meant to lengthen, strengthen, and balance the body.

Angiestewartfitness.com