



In addition to YogaFit classes, Beth is a best-selling author and her fitness DVDs and sold-out health/fitness/wellness seminars improve all areas of our lives through yoga offers. Her philosophy is helping people achieve greater levels of fitness and good health while encouraging environmental awareness and educating people on the importance of a lifestyle filled with eco-conscious choices. Beth's goals extend to her love of animals. As one of LA's most noted animal rescue advocates, she works tirelessly with animal organizations throughout Los Angeles with an "Adopt Don't Shop" mantra of rescuing animals who deserve better lives. Reflecting on her success Beth says... "Business without a greater focus than profit is pointless."

There is little doubt if we want to go into 2014 looking for a better life, we have to take the initiative to make it happen. Let's begin 2014 with a commitment to make ourselves a priority in our own lives. We have no choice but to take care of ourselves, and stay healthy as long as possible. We can't afford to have our bodies break down with illness, or our mental state become fragmented with all the stress, emotional clutter, upheaval that invades us on a regular basis. Yes, some people are disciplined enough to make a health and fitness commitment and stick with it. I am not one of them. I need all the help I can get. The fabulous part of my job as owner of the magazine is I am blessed to be able to surround myself with experts whose day-to-day is the business of beauty, health and fitness. What they write I read. What they say I listen to. What they do so expertly, I get them to help me do on a level I am comfortable to be able to work with. Some how, some way, their words of wisdom change my thinking, and I am reborn with a new and improved mindset I never had before. Or, would have been able to accomplish without a little help from "my friends". Beth has proved to be a dynamic force in my own life. It is through her yoga classes, seminars and networking events I have learned much about my health and inner-well being; the most important is I have to take the time — make the time — to take care of myself. YogaFit is hosting a health/fitness/wellness networking day on January 25th at the YogaFit studio on Robertson Boulevard just blocks from the Ivy restaurant in Beverly Hills. I will be there as well as my friends and family. I encourage all of you who are interested in improving your lifestyle for the betterment of your health to attend. I guarantee that what you hear from the experts on hand will totally change your outlook on life, health, beauty and fitness.

**BETH: "Good health is our most valuable asset. Any actions we take should be geared toward bringing ourselves into a greater state of health and balance. At YogaFit we link poses with breathing. That entails moving and breathing at the same time. We work on the traditional group exercise model of warm-up, workout and cool down. Everything we do is safe and geared towards not only getting people in shape, but making certain what they do heals and nurtures their bodies. We warm-up with invigorating, energizing poses that strengthen the core and work the entire body to get the energy moving. In the work phase we hold poses longer to build strength and work at balancing postures. In the cool down phase we do meditation, and we stretch the body. With regards to the anti-aging effects of yoga ... yoga makes you look younger because it improves circulation, respiration and digestion. Practicing yoga stimulates all energy points in your body and you release stress and tension, lowering your blood pressure, reducing your cortisol levels (the stress hormone) all these things combined : the physical and mental benefits leave you looking and feeling younger. I do a headstand every day. Both headstands and backbends are incredible anti-aging tools to bring back a more youthful appearance."**

**SKINNY FAT...** the new "you look old" catch phrase.

**Women shouldn't worry about wrinkles on their faces... it's the loose, hanging flesh on their arms that give their age away!**

**STRONG IS THE NEW SEXY.**

**Thin bodies with flabby arms, legs and stomachs are... OUT!**