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NEW YORK
FALL 2014

THE PHILANTHROPIC FAMILY

New Yorker Avis Richards and her family living a healthy and rewarding life by giving back

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Before most Manhattanites have had their first espresso of the day, Mary Ann Browning is already at work. As founder and president of Browning's Fitness, the savvy businesswoman is one of the city's most widely sought after personal trainers – and one whose office hours begin at 5am. With an illustrious client list including the likes of Vera Wang, Jonathan Tisch and Lauren Santo Domingo, this is a woman too busy moving and motivating others to spend time lounging around.

The South African born Browning, a former prima ballerina who once danced with both the Johannesburg and Munich Ballet Companies, found herself in a fitness quandary after leaving the stage. “When I was dancing, I had my own body issues,” Browning explains. “When I left, I didn't want those issues to follow me.” So after trading in her toe shoes for cross trainers, Browning began a journey to find a new lifestyle designed to more effectively focus her efforts on achieving a lean body, good health and happiness. Twenty-four years, thirty-seven worldwide marathons, six Iron Man competitions and a fitness empire later; the method developed by Browning has an impressive following of devotees who flock to her in the hope of changing – both literally and figuratively – the shape of their future.

Judging by her clients' success and her own enviable physique, there's no reason to doubt that the guru's signature blend of proper nutrition, cardio exercise and strength building is as close to a magic bullet as one can hope for. Magic though it may seem, Browning is quick to point out that to effectively change your body you also have to change the way you think.

THE MAGIC OF THE METHOD

FITNESS GURU
MARY ANN BROWNING
SCULPTS
NEW YORKERS

BY: GINA SAMAROTTO

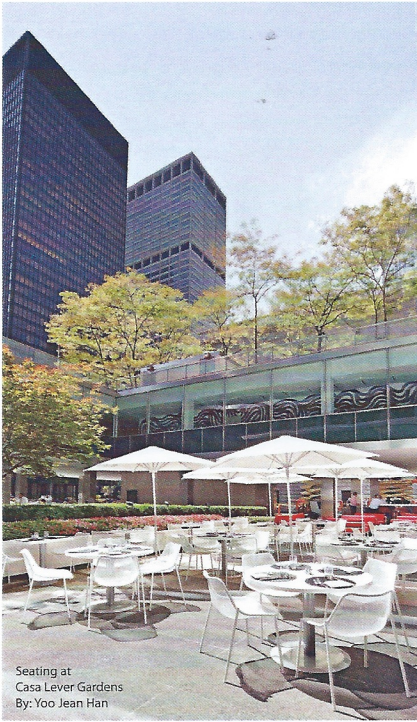
“Don't look for a quick fix,” she warns. “You can't change your body without committing to changing your life. Look at your body as a sports car, a Ferrari. If you don't maintain it properly and it breaks down, you don't give up and throw it away. You make the effort to have it fixed and running well. The same applies to your body. Overindulge, under exercise and you're going to need to make repairs.”

Is adopting a healthy lifestyle more challenging for New Yorkers? “People live very busy lives in Manhattan,” Browning explains. “They eat dinner late. They don't order the right foods prepared the proper way when eating out. They don't move enough. It's not about working out for an hour in the morning and then sitting at your desk all day. New Yorkers need to move more and choose what they feed their bodies more wisely.” Does this mean a lifetime of only organics? “No,” she says “but you do need to make intelligent choices. If you eat brussel sprouts twice a month but have spinach at every meal, I wouldn't worry too much about the sprouts – but it makes sense to buy the highest quality, organic spinach you can find.”

Could it really be that mind over matter (or mind over fatter, as the case may be) really plays such a major role in getting – and staying – lean, strong, healthy and happy? “Fitness needs to be approached holistically,” Browning explains. “You need to move properly, think properly and eat properly in order to change your body and how it functions. The Browning Method is not a diet or a workout; it's a lifestyle that embraces proper nutrition and physical movement. You can reshape your body but the first step is to reshape the way you think about your overall health and well-being. It takes education and it takes commitment, but what you're doing is learning how to have your body work smarter rather than harder. It can be done and when you go through the experience, it's magic.”

Browning's Fitness in Manhattan is located at 980 Madison Avenue, New York NY. In Southampton, the studio is located at 60 Windmill Lane.





Seating at
Casa Lever Gardens
By: Yoo Jean Han

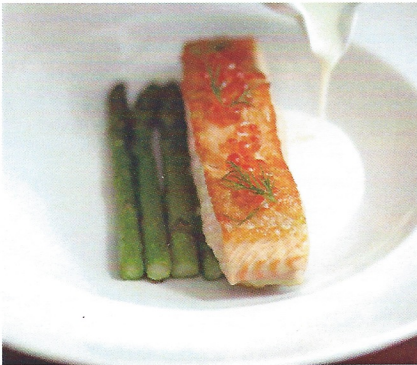
HEALTHY BITES

FORGO THE BREAD, ASK FOR YOUR SAUCE AND DRESSINGS ON THE SIDE AND TAKE A LOOK AT SOME OF MARY ANN BROWNING'S FAVORITE, FITNESS FRIENDLY RESTAURANTS IN NEW YORK CITY AND THE HAMPTONS.



3. Freds at Barneys

A favorite among well-heeled shoppers and celebrities as well as with the neighborhood locals; *Freds At Barneys* offers lunch, dinner and cocktails daily along with brunch on the weekends and a catering menu. Searching for lighter options? Look outside the entrée box and order your meal from the appetizer or salad menu. With offerings like Fennel Salad with sliced orange and celery drizzled with lemon and olive oil (\$14) or Grilled Baby Octopus and Calamari with fresh tomatoes, scallions and sautéed red wine vinegar onions (\$18), you'll feel more indulged than deprived. 660 Madison Avenue, 9th Floor, New York City (212) 833-2200 www.opentable.com



2. Sant Ambroeus

From Madison Avenue to the West Village, Southampton to SoHo and on Park at the Loew's Regency, *SantAmbroeus* has a devoted following nearly as broad as its locations. While the various restaurants offer different menu choices, what all the locations share is bounty of fresh ingredients, beautifully prepared. With appetizers including Quinoa Sant Ambroeus, a red quinoa salad with asparagus, haricots verts, onion and cucumber (\$19) and Crudo di Spigola, a raw striped sea bass served with pomegranate and sea salt (\$24), you might just be tempted to add in a side of Cime di Rapa (fresh broccoli rabe sautéed with garlic and peperoncino \$8) and skip the main course. www.santambroeus.com



1. Casa Lever

Fitness guru Mary Ann Browning designed the CasaFit Breakfast menu at this midtown eatery. For less than 350 calories, you can indulge in her selection that includes an egg white omelet filled with vegetables, a slice of twelve-grain bread and fresh berries served alongside a double espresso or green tea. Dinner at Casa Lever showcases a Milanese-inspired menu including gluten free pasta selections as well as offerings that are 'Simply Cooked'. Try the Branzino, a European sea bass grilled or seared and served with a citrus thyme drizzle (\$42) 390 Park Avenue, NYC (212) 888-2700 www.casalever.com



4. The Mark Restaurant

Jean-George Vongerichten's culinary magic shines in the *Mark Hotel* where menu items feature dishes so incredibly beautiful and delectable, it's difficult to remember you're actually eating light. The elegant menu includes body conscious standouts that are deceptively decadent. Try the Chilled Seafood Platter featuring Oysters, Clams, Shrimp, Lobster and Tuna Tartare to start followed by the Grilled Black Sea Bass served with Braised Fennel, Carrots and Cerignola Olives. 25 East 77th Street, NYC, (212) 606-3030 www.themarkrestaurantnyc.com