

# BETTER

BEAUTY DEFINED BY YOU

NEW YORK



# THE HOLLYWOOD SUE FEATURING DANCE BASS

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## PERFECT PALETA

PALETA founder and chef Kelly Boyer is at the helm of truly one of the best food delivery and juice cleanse companies in the business. Launched 10 years ago with a mission to help people lead a healthier lifestyle, the celebrity favorite has assisted the likes of Jessica Biel, Jamie King, Felicity Huffman and Emmanuelle Chriqui to stay healthy and red carpet-ready. From Chef Boyer's range of local food delivery options to her juice cleanses shipped nationwide, you will be wise to try out one of the PALETA programs to kick-start the season.

The pressed juices will give your system a break from processed foods and facilitate the rapid absorption of vitamins, minerals, enzymes and nutrients, allowing your body time to recharge and repair. Home to Southern California's first certified green kitchen, you can get a taste of nutrition heaven with the PALETA's Purify Cleanse, Organic Pressed Juice Detoxes & Potables and Power Up snacks.

Find out for yourself why PALETA's food and beverages are being delivered to movie trailers, Hollywood homes and everyday people around the country to get all the nutrition they need, right on their doorstep. It's simply the best! **PALETA.com**



## SPECIAL SPOTLIGHT

Kelly Meyer has long been a philanthropist and environmentalist lending her name, time and energy to several causes in LA. As the co-founder of the Women's Cancer Research Fund, she has raised over \$40 million for biomarker research as well as trustee of the National Resources Defense Council. She's now partnered with the American Heart Association to bring her Teaching Gardens program to schools across America.

Meyer came up with the idea with her children's elementary school teacher to combat the startling rise of childhood obesity and other related illnesses in the U.S. Realizing that educating kids from a young

age about where their food comes from, allowing them to get their hands dirty and actually grow fruits and vegetables themselves was one of the ways to encourage a healthier diet in kids. The hope is that they will also pass their newfound knowledge along to their families.

As a busy mom and wife to NBC Universal Vice Chairman Ron Meyer, Kelly is using her time and resources to fight for a healthier environment and improve education on matters that will affect generations to come. Her work is truly admirable! **Heart.Org/TeachingGardens**



## BURN 60

Burn 60 fitness studio has long been the favorite of celebs like Reese Witherspoon, but their new location in West Hollywood has lit a fire under the calorie-burning fitness lovers in town. Combining running on world class treadmills with strength and toning exercises using weights, bands, kettle bells and suspension training, the 60-minute workout will have you shredded in no time in an exhilarating group class setting. The atmosphere is so welcoming and inspiring at Burn 60 that it makes you want to push to do your very best (and then crave your next session when you're done!). The fast-paced, high intensity interval training (HIIT) workout keeps you burning calories long after you have left and keeps you on a total high. It's one of the best workouts in LA! **Burn60.com**