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L.A. Food Bloggers Workout: How They**Can Eat Without Guilt**

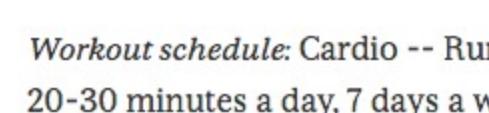
BY CAROLINE ON CRACK

THURSDAY, JULY 28, 2011 AT 10 A.M.



"food marathon."

Matthew Kang

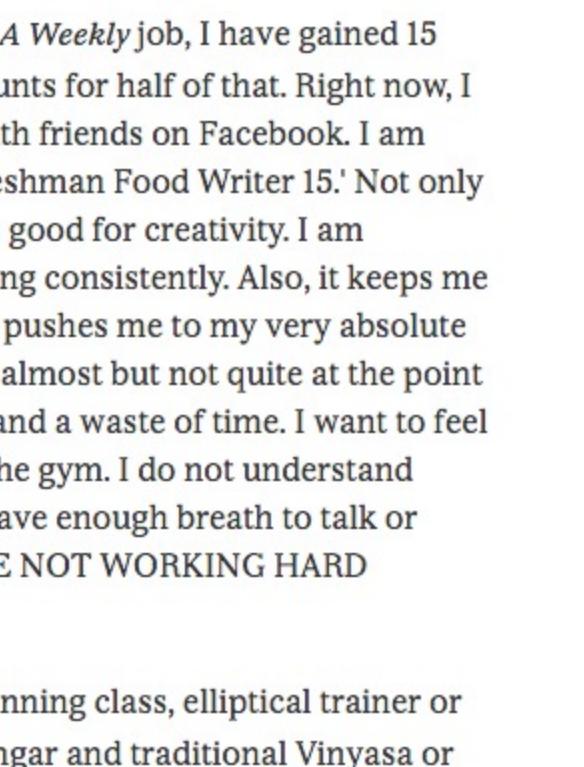


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When you're as passionate about food as food bloggers are, dieting and counting calories just don't make sense in your world. And thanks to countless media dinners, must-try cookbooks, not to mention ambitious 30-day binging projects (ahem, burgers and ice cream), weight gain is an inevitability. So how do some Los Angeles food bloggers fend off the fat and indulge without the guilt? Diana Takes a Bite, EstarLA, Food GPS, Gastronomy Blog, LA/OC Foodventures and Squid Ink's own Elina Shatkin share their workout regimes.

Cathy Chaplin, Gastronomy Blog: "I work out seven days a week doing a combination of walking and running. I usually run between 20 to 30 minutes each day. I also walk to work and walk to destinations around Pasadena, like the library, Pie 'n Burger, Cham Korean Bistro, etc. I ran cross-country and track in high school and college, so that's my go-to sport. I like how I can start from the doorstep and don't have to endure a sterile gym. I loathe gyms."

Workout schedule: Cardio -- Running/walking 20-30 minutes a day, 7 days a week



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Diana Hossfeld, Diana Takes a Bite: "I find that a mix of cardio and Bar Method classes is the best way for me to stay in shape while still enjoying indulgent meals out. The strength and muscle tone I've acquired from Bar Method has boosted my overall metabolic rate, and cardio is an efficient way to blast off calories in a short amount of time. Aside from the physical benefits, I especially love the mental release I get from Bar Method and running -- I always see things more clearly after. And I love how hungry I feel after a good workout -- food always tastes better on an empty stomach!"

Workout schedule: Cardio -- 35-60 minutes, 5 days a week (a mix of running outside, biking at the gym). Strength training -- 1 hour Bar Method classes, 2 times a week

Elina Shatkin, Squid Ink: "Since I started my *LA Weekly* job, I have gained 15 pounds. '30 Burgers in 30 Days' probably accounts for half of that. Right now, I am on Day 14 of a 60-Day Fitness Challenge with friends on Facebook. I am doing it because I'd like to lose some of my 'Freshman Food Writer 15.' Not only is it good for all the obvious health reasons, it's good for creativity. I am undoubtedly a better writer when I am exercising consistently. Also, it keeps me sane. As a general rule, I only like exercise that pushes me to my very absolute limit. At the end of every workout, I want to be almost but not quite at the point of vomiting. Anything less feels like a cop-out and a waste of time. I want to feel completely wrung out. I never read or chat in the gym. I do not understand people who do. My basic theory is that if you have enough breath to talk or enough energy to focus on a magazine, YOU'RE NOT WORKING HARD ENOUGH!"

Workout schedule: Cardio, 3-5 times a week: spinning class, elliptical trainer or running. Yoga, 1-2 times a week: I love both Iyengar and traditional Vinyasa or flow classes. Bodyweight/Crossfit weight training and exercises: I used to go to Crossfit, which is the most amazing muscle-building, full-body workout ever, but I can't afford it anymore, so I try to do some of that stuff on my own in my regular sucky globogym.

Esther Tseng, EstarLA: "I work off the calories and guilt from all the eating I do by alternating between spin and Pilates classes about 2-3 times per week. It's crazy because I go at 6 AM, before I head to the office, which gets my metabolism going and frees up my schedule for the rest of the day. I go to spin class for the cardio benefits and Pilates for strength training. I'm addicted to Pilates on the reformer machine because it's such a great core and overall body workout and the upper body exercises strengthen the shoulder I've had surgery on from a snowboarding accident. Oh yes - I also snowboard almost every other weekend during the winter months! And I do that because snowboarding is probably the most fun thing to do in the world."

Workout schedule: Cardio -- 1 hour, 2 to 3 times a week (Spin class). Strength training -- 1 hour, 2 to 3 times a week (Pilates)

H.C. So, LA/OC Foodventures: "I work out 4-6 days a week but the actual activities varies to my whim. Sometimes I just want to run around my neighborhood, other times I'll take a hike on L.A.'s many trails (or even hike through the city itself) or I might want to stay home and build strength with weights, resistance bands and stability ball, or improve flexibility with a yoga/Pilates workout. Recently I just got a pair of Rollerblades, so I've been taking advantage of the fair, sunny weather and zipping up and down the bike trails along the coast. I guess I love switching it up all the time since it keeps my 'routine' fun, which makes it way easier to stick to because it never gets boring. And it gives me a pretty balanced, comprehensive workout since it lets me work on numerous parts of my body and different elements of fitness."

Workout schedule: Every Week: Running 1-2 Days/Week (40-60 minutes); Week 1: Athleti... Intervals & Cardio-Kickbox (approx. 50 minutes/day; 4 days); Week 2: Boot Camp Style Drills (approx. 1 hour/day; 4 days); Week 3: Athleti... Intervals & Cardio-Dance (approx. 50 minutes/day; 4 days); Week 4: Yoga/Pilates (approx. 50 minutes/day; 4 days)

Joshua Lurie, Food GPS: "Calorie isn't really a word in my vocabulary, but I do see myself in the mirror daily, and I want to look as presentable as possible until either age or lard catch up with me, whichever comes first. I have a hard time motivating myself to exercise in the morning, so that normally happens at the end of the day, after a couple writing sessions and before dinner/drinks. My exercise either involves a trip to the gym for weights and the elliptical, or outside for a run. On weekends, when I have more time, I like to ride my bike or hike in the Santa Monica or San Gabriel Mountains."

Workout schedule: Cardio -- 30-45 minutes, 3 days a week (elliptical, running); hiking/biking -- 90 minutes or more, 1 day a week. Strength training -- free weights, 2-3 days a week

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