

YOUR JOURNEY BEGINS WITH US

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VIRTUOSO LIFE

THE

EUROPE

ISSUE

OSLO
GOES GREEN

PARIS
BY NIGHT

SCOTLAND'S
GIN TRAIL

DUBLIN
DINING

LISBON
ESSENTIALS

DOLOMITES
ON SKIS

PLUS
NINE MORE
DESTINATIONS
ON THE RISE



WELLNESS

WHAT DOES HEALTHFUL LIVING MEAN TO YOU? INTERVIEWS BY ADAM ERACE



Jackie Joyner-Kersey
Olympic legend and founder,
the Jackie Joyner-Kersey Foundation

THROUGHOUT MY CAREER, EVERY-thing was based around what I call my “Winning in Life” philosophy, 14 principles that deal with determination, wellness, confidence, service, leadership, and risk-taking, to name a few. We developed a curriculum around it for the Jackie Joyner-Kersey Center, which services over 3,000 kids a year in my hometown of East Saint Louis.

East Saint Louis is a food desert, and some of our kids leave school not knowing when their next meal will be. So nutrition is a big part of what we do. We grow our own fruits and vegetables on the property, and the kids get snacks when they come after school and a hot meal before they go home. Because there might not be food at home over the weekend, we work with a food bank to create boxes of groceries for the kids to take home on Fridays.

I don’t like the term “cheat days” – I prefer to call it “eating in moderation.” It’s OK to have a snack! But you’ve got to put fuel in your body and hydrate, regardless of whether you want to be a superstar athlete. Wellness is about longevity. You’ve got to have a long-range plan, not a get-into-a-dress plan.

Professionally, I would demand a lot of my body and was used to doing a lot, so it’s challenging now to just do an hour of active

work, because it seems like it isn’t enough. But I understand that I’m not training to be an Olympic champion anymore and have to find a routine that works best for me. In the morning, I get up and meditate. I try to find what makes me centered and try to pull in all the positive and push out whatever it is that might be eating at me. I stretch and try to walk four miles in under an hour. It gets harder as the weather changes because I’m asthmatic and I don’t love the treadmill. I make working out a priority when I’m traveling; it could be something as simple as walking quickly through the airport prior to my flight. Drinking lots of water and getting plenty of rest are important.



Alex Glasscock
Founder and CEO, The Ranch
fitness and wellness retreat

OUR BODY CLOCKS RESPOND TO THE sun. I typically wake up and wind down with the light; it just seems very natural to me. I like being crisp and sharp and starting the day off active. When the sun’s up – and when our standard poodles, Pip and Clara, start licking our faces and pawing the edge of the bed – it’s time to get moving.

We wake guests at The Ranch at 5:30, which is slightly before dawn, and have them stretching by 6. They’re getting their bodies moving as the day is beginning – then, conversely, after dinner, as it’s getting dark, everyone’s ready for bed because they’ve physically exerted themselves for the day.

In addition to Pip and Clara, my wife, Sue, and I have Max, a cocker spaniel-terrier rescue. On The Ranch we also have Nigerian dwarf goats, chickens, feral cats, lots of quail, and a gray fox that eats the figs from our kitchen garden. Having animals in our lives – and for the guests – is very meditative. Sometimes we’ll pop into classes with the dogs, and you clearly notice a calm fall over the guests. It actually enables them to work out harder because they’re not as focused on the pain or discomfort. Instead, they’re smiling because they see these cute dogs frolicking in the gym.

This year we launched our Ranch Global program, where we take The Ranch on the road to foreign countries. We did six weeks in the Dolomites at Rosa Alpina Hotel & Spa and are going back again in 2019; we’re looking at Bhutan, New Zealand, Morocco, Peru, and Argentina as future locations. So we’re frequently traveling. To manage wellness on the road, I have something called “the Hundreds.” I do 100 sit-ups and push-ups every day while traveling, and, regardless of the time zone, when I arrive at my destination, I try to go for a 45-minute run. I’ve found that really helps reset me.



Bobbi Brown
Founder, Bobbi Brown Cosmetics
and the justBOBBI lifestyle platform

I GREW UP IN THE SUBURBS OF CHICAGO with a mother who was a self-proclaimed health nut. Turns out she was more of a diet