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Angie Lustrick

Health, wealth and happiness

at the Canyon Crest Athletic Club and has more than 130 clients. Working to help more people than she could physically handle, she's built a robust web site and recorded two workout DVDs, giving her an international following.

"It's been a long spiral from first getting myself healthy to helping other people," says Lustrick. "Now, my phone rings off the hook and I'm busy all year round. I've even gotten calls from people in Europe."

The web site and DVDs are 'off-the-shelf' ways to reach out to those she can't help personally. In contrast, Lustrick's local clients enjoy customized programs designed to work around the sometimes-vexing challenges of the real world. "Everyone is different and has different needs and goals, and so you can't treat them all the same," she says. "If you have a person who loves to party, you can't very well say you can't drink anymore, because that won't work."

An example: one of Lustrick's clients was a manager for Enterprise Rent-A-Car whose job required her to entertain new recruits. She was also, however, trying to lose weight in preparation for her wedding. "I changed her diet so that she could have a few beers and still lose weight – maybe she could have two drinks instead of six. That way, she could reach her goals but still do the socializing that she wanted to do and that her job required."

Lustrick says most people are more successful in the early days of getting into shape if they don't make it a solitary mission. "On average, most people do better if they are part of a group because they can talk to people who are struggling with the same issues they are," she says. "If they are having trouble, it's good for them to be able to talk to someone who's also been through it."

Ironically, Lustrick was always interested in nutrition – even as a teenager. She earned a degree in biology from UCR, but her energies were spent in a company that sold dog and cat food. It wasn't until she had her own personal health scare that she decided to focus on people.

Says Lustrick, whose time outside the gym is often consumed with her running club or tending her organic vegetables: "Most parts of my life have become all about fitness and health."

Angie Lustrick wasn't always a fitness fanatic. Now one of the 951's most prominent fitness gurus, Lustrick was always the sickly kid on the playground, her asthma preventing her from completing even a mile on her high school track. Her sedentary lifestyle had its consequences. Scared straight after discovering her body fat was at 39 percent after graduating from UC Riverside, Lustrick downsized herself while building muscle, eventually winning a fitness competition. Now 30 and 6.2 percent body fat, she uses her personal story to motivate and inspire her clients.

"I got out of college and started putting on a lot of weight, and I was tired all the time," says Lustrick. "I knew something was wrong." A medical exam showed she was borderline diabetic. Panicked about her future, Lustrick changed her diet and started exercising. It was a slow – and sometimes embarrassing – road to success.

"When I started doing cardio, I'd have to sit down after five minutes and my face would be so bright red that people would ask me if I was OK," she says. "After a while I could do 8 minutes and then 13 minutes and then 22 – I got stuck at 22 minutes for six months! – and then finally 30 minutes!"

Sticking with it, Lustrick shrank from a size 13 to a size 2. She is now a beacon of fitness who commands as much as \$55 per half-hour session for training and nutrition consultation. She is based