



Natalie Portman worked with Gleyzer for her role in *Black Swan*.



At the 63rd Annual Primetime Emmy Awards in September, actress Kerry Washington set off a flurry of flashbulbs when she glided down the red carpet in a form-fitting semi-sheer sequined Zuhair Murad gown. "Who's your trainer?" shouted the photogs. "I don't have a trainer," replied Washington. "I have a body stylist."

Meet **Nonna Gleyzer**, L.A.'s go-to Pilates instructor. Her customized workouts—designed to "sculpt and mould" clients' bodies—have been responsible for some of Hollywood's most notable body transformations, including Natalie Portman for her role as a super-toned principal ballerina in *Black Swan*. Given that A-list celebs' speed-dials are filled with numbers for mane-maintaining

THE BODY STYLIST

From celebrities to socialites, Nonna Gleyzer SCULPTS Hollywood's hottest bodies. TEXT: ALLY DEAN

hairstylists, photo-ready makeup artists and wardrobe personnel who scour the globe for the best designer gear, it seems logical (if not essential) that a "body stylist" would be the

next must-have member of their personal-care team.

Unlike a starlet's stylists and beauty groomers—who do all the work—Gleyzer makes her clients earn their results. She laughingly recalls the hours of overtime she and Washington logged at the gym so she would be ready for her red-carpet debut. For a fitted dress like Washington's, Gleyzer recommends focusing on the inner thighs to lift glutes and give the best silhouette. Washington may have coined the term "body stylist" with her red-carpet quip, but it was Madonna—who trained with Gleyzer in preparation for her 2006 tour—who inspired Gleyzer to develop her own fitness regimen. "Madonna is a fitness genius; she has done it all," says Gleyzer. "When we worked together she wanted something new, so I started combining different moves and incorporating blocks, balls, free weights, the wall, the floor—anything I could think of to make

movements different and more challenging." Now, Gleyzer's custom blend of fitness has landed her clients like Sting, Alexandra von Furstenberg, Debi Mazar and Steven Meisel.

Customize your workout to your outfit and body type.

PILATES 2.0 At 40 years old, Gleyzer has the healthy glow and whittled waistline to show that she's clearly someone who sips her own brand of Kool-Aid. After earning a

bachelor's degree in physical education and rehabilitation in her native Ukraine in 1996, Gleyzer immigrated to the United States and earned her certification in Pilates studying under the prestigious master Romana Kryzanowska. "The discovery of Pilates was the perfect combination of athleticism, dance and physiology," explains Gleyzer, though she describes her non-traditional practice as "21st-century Pilates." Her >



Gleyzer hails Madonna as her inspiration; Kerry Washington trained with Gleyzer before wearing this Zuhair Murad gown.

customizable fitness cocktail (which blends free weights, unusual movement combinations and acrobatic skills) has reinterpreted traditional Pilates exercises and put her at odds with the purists in the Pilates community. "Teachings say that if you 'follow the rules of Pilates, Pilates will take care of you,'" says Gleyzer. "But I believe that if I were to followed the rules exactly, I would be out of business! Personalizing my workouts has made them more effective for me and my clients."

CUSTOM FIT How does body styling work? It entails rejecting the one-size-fits-all mindset (you wouldn't expect Halle Berry to shop from the same racks as the Olsen twins) and customizing your workout to your outfit and body type. "Even if I were to do the same exercises with all of my clients, they would all perform the moves slightly differently and each of them would get different results," says Gleyzer. The key, it seems, isn't just to dress for your body type but to work out to it. "When I get a new client, the first step, like for any stylist, is to identify which areas are in good shape and should be flaunted and what areas we need to work on."

YOUR Rx Women with a short torso (think about it: Do you always choose dresses that have a drop waist?) should focus on their lower-abdominal and oblique muscles to close up their rib cage and create the illusion of a longer waist. Pear-shaped ladies should concentrate on toning deltoids to widen the appearance of their shoulders and make their hips and waist appear smaller. "I focus on proportions and alignment," says Gleyzer. "If your body is working well and aligned properly, you'll feel better, and, ultimately, the end goal is always to make clients feel their best." □

Bobble Move Collection
Medium Blue
Bobbie (\$10)

COOL DRINK

Skip disposable water bottles and stay hydrated during your gym sessions with these reusable water bottles equipped with built-in water filters.

Brita bottle
(\$10)

GYM-BAG OVERHAUL

onna Gleyzer's body stylings inspire us to revamp our training attire, and these fitness must-haves give our winter workout routine a fashionable boost.

Lululemon Run: Swiftly Tech Long-Sleeve top
(\$68)

SWEAT CHIC

● Take a cue from stylish celebs (Megan Fox, Eva Longoria and Reese Witherspoon) and add a pop of colour to your fitness uniform with Canadian brand Lululemon's form-skimming venting top. ● This scarf-meets-hood hybrid is the ideal layering piece to keep you warm without adding too much bulk.

Lululemon Hickey Hider
(\$68). For details, see Shopping Guide.



EXCUSE BUSTER

With a waterproof yet breathable Gore-Tex membrane, these sleek shoes aren't for the faint of heart and will keep you active (and dry) through rain, puddles and even snow. Excuses have officially expired. Adrenaline GTX women's running shoes. Brooks (\$200)



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