



RISE OF THE **NEXT-GEN** LATINA BODY

ON THE FIELD AND AT THE GYM, LATINO INFLUENCERS ARE HELPING US TRANSFORM OUR BODIES FOR THE BETTER—AND ROCKING THE HEALTH AND FITNESS WORLD.

BY CELIA SHATZMAN

HOW TO LIVE LONGER

DR. JUAN RIVERA—aka the Latino Dr. Oz—Univision chief medical correspondent and spokesperson for the Univision Contigo wellness campaign, shares simple steps we can all take to be healthier.

1. Maintain an ideal body weight.

Think being obese isn't a big deal? Arthritis, cardiovascular disease, sleep apnea and breast cancer are just a few of the problems associated with unhealthy weight levels. "We live in a society that lives to eat as opposed to eating as just a mere necessity to acquire energy," Dr. Rivera says.

2. Sleep seven to eight hours every night. Not getting enough shut-eye can do more than leave you sluggish. People who get less than seven hours a night suffer from chronic fatigue, and sleep deprivation is linked to obesity, high blood pressure, heart attacks and even premature death.

3. Have sex with your partner at least two or three times per week. "Sexual health is an essential component of our overall wellbeing," Dr. Rivera says. "Hormones such as oxytocin and endorphins are secreted during love-making, providing you with a sentiment of euphoria and mental tranquility. Studies show couples who have sex two or more times a week live longer."

4. Meditate and celebrate. It's not your imagination—research proves that practicing meditation and mindfulness is associated with having more focus and less anxiety. "It only takes 10 minutes a day," Dr. Rivera says. "Eliminate negative thoughts and negative people from your life. Always look at the bright side of what life brings you."

For more fitness tips, visit Latina.com/fitness



NEED
FITSPIRATION?
THESE FOUR
CHICAS EMBODY
HEALTHY LIVING

THE HIKER

DEVIANT MAIDS STAR ROSELYN SÁNCHEZ, recently named *Centennial Ambassador for the National Park Service*, talks about the health benefits of embracing nature.

"National Parks are crucial for our physical well-being because there are endless activities—it's like an outdoor gym!" she says. "They're also good for our mental health, as their beautiful settings provide a great place to think, relax and de-stress. Nothing beats a family hike through a National Park, followed by a picnic!"

THE BALLER

An active sports life taught NBA EXECUTIVE SASKIA SORROSA lessons that go far beyond the basketball court.

Calling Saskia Sorrosa an athlete is an understatement. Growing up in Guayaquil, Ecuador, she started swimming at age 5; dancing ballet, tap and jazz at 6; roller-skating competitively at 8; and playing volleyball, basketball and softball at 9. "Sports teach you values that you carry for the rest of your life: building character, overcoming adversity, time management, the power of teamwork, the benefit of discipline and hard work," Sorrosa says. "It's a beautiful crash course on life that is hard to find anywhere else."

Those lessons have served her well at her job as VP of marketing for the NBA. Her role is to meet the demands of their diverse fans, such as through the launch of éne·bé·a—named for the phonetic pronunciation of the NBA in Spanish.

Yet, for Sorrosa, it's not just about getting people to watch the game but be in the game. "There are so many important physical and emotional reasons why being active is necessary—endorphins, heart health, energy. It improves your quality of life and there's no reason why anyone should pass that up," she says passionately. And it's especially important for young girls. "Girls need to burn energy too, and there are real benefits from playing sports at a young age that girls can leverage; the benefit is not limited to boys. Being active at a young age is also something you take with you well into adulthood—it's hard to see your life any other way but being healthy and active when that's all you've known."

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THE DANCER

A self-described "Jewbana," FITNESS FANATIC SADIE KURZBAN is the founder and CEO of 305 Fitness, a dance-cardio class with a live DJ, with studios in New York City and Washington, D.C. She shares three reasons to hit the dance floor.

1. It's the ultimate workout. "Physically, high-impact dance is extraordinary for seeing results quickly. It is full-body, meaning you're sculpting muscles in all places," she says. "Dancing has the beautiful ability to shape lean, long muscle that's both strong and elastic."

2. Your brain gets exercise, too. "Emotionally and mentally, dancing is my top choice for a workout because I find such release," she says. "I can really let go in a dance class, just be my silliest, most childlike self."

3. It brings people together. "I began teaching classes in college and they were so magical because it was a moment of true diversity on campus—jocks, nerds, Latinos, international students and New York private-school hipsters. We'd all get together, put aside our differences and just get sweaty."

THE FIGHTER

FOR PERSONAL TRAINER MASSY ARIAS, CHANGING HER BODY CHANGED HER LIFE.

Just because you're thin doesn't mean you're healthy, as Massy Arias, 26, knows firsthand. "Thanks to my fast metabolism, I'd eat half a cheesecake in one sitting with a fork like it was nothing," she says. "I had exercise-induced asthma, so that's why I never played sports." Standing 5 feet 8 inches tall, Arias weighed in at 114 pounds—but her body fat was at 29 percent. However, it took a few major life bumps before she changed her ways.

Arias moved from the Dominican Republic to New York City at age 14 to pursue a better education. She and her brother lived with their father while she buckled down at school, earning top grades and a scholarship at the State University of New York College at Cortland. But when her brother was diagnosed with Burkitt lymphoma, she decided to forgo her scholarship and attend NYC's Queens College instead to be close to her ailing sibling. As the only person in her family who was fluent in English, she stuck to his bedside and lived in his hospital room until he

recovered. "I saw a miracle happen in my family," Arias says. Today, her brother is in great health.

Splitting her time between school and the hospital took a toll on her mental health. Arias had dreamed of becoming a doctor, but those months in the hospital left her disenchanted with the medical world. Feeling aimless, she fell in with a bad crowd and an emotionally abusive boyfriend. She stopped eating, called out sick to work all the time, and her hair started falling out. "I woke up one day and thought about everything I was doing—drinking, getting wasted every weekend, smoking," she remembers. "My dreams were shattered. I went through a deep depression that almost took my life."

After her family staged an intervention, Arias was determined to turn her life around. She broke up with her boyfriend, ditched her negative friends and started going to the gym and hitting the elliptical. Exercise started giving her the mood boost she needed. "I couldn't afford a personal trainer so I would go to

the library and open a book on how to weight train," she says. She began sharing her journey on Instagram under the moniker Mankofit in 2012. As she shared tips and researched more, she gained confidence and a new outlook.

"Every day, I started getting happier," she says. "This was a way to help people that were going through the things that I went through." She got certified as a personal trainer and studied nutrition.

"Through the power of social media, people saw my journey," says Arias, who today has one of the biggest fitness accounts on Instagram, with 1.7 million followers and counting. Now the lean and ripped Arias clocks in at 146 pounds with just 12 percent body fat.

Next up, Arias is expanding her website, massyarias.com, to become comprehensive and offer a series of e-books on how to lose weight safely—and keep it off—with guides on sample meal plans, the value of nutrition, workouts and more. This spring, she'll also be touring universities all over the country to lead boot camp classes. "Mental wellness can be improved with nutrition and exercise—that's what I advocate and try to educate people about," she says. "I want all women to feel empowered, to know that they're beautiful inside and out."



Massy Arias is Latina's new fitness blogger! For more of her tips, go to Latina.com/massy