



ANDREW ECCLES

Linda is currently leading the company in a 20-city U.S. tour

OUR FITNESS INSPIRATION

dance your way to a better body

For 14 years, dancer **Linda Celeste Sims** has pirouetted, arabesqued, and jumped across the stage with the Alvin Ailey American Dance Theater. "It's my job to keep my body in top form," says the 33-year-old. "But training and eating right is also a gift to myself, because it makes me feel energetic, healthy, and happy." Try her tips and *your* body will be ready for the spotlight.



"WHAT I CAN'T LIVE WITHOUT"

Alfaparf Nutri Seduction Luxury Mask (\$25; amazon.com)

"I use this deep conditioner when my hair needs a moisture boost."



Speedo Optik Splice swimsuit (\$70; speedo.com) "This one-piece is like a second skin."



Nike LunarElite+ (\$100; store.nike.com) "This lightweight sneaker makes me feel springy when I run on the treadmill."

Le Creuset enameled cast iron 2-quart French oven (\$135; macys.com) "I use this for veggie stews."



Lululemon Stride jacket (\$108; lululemon.com) "Studio practice rooms are always chilly, but this zip-up keeps me toasty."

HER WORKOUT

During the season, Linda rehearses for four hours in the afternoon, then performs a three-hour show. In the summer, she takes dance classes in New York City, runs, and swims.

THE EXERCISE SHE LOVES

"I do basic ballet moves in the pool to strengthen my legs," says Linda. **TRY IT** Stand with right side next to pool edge, toes turned out and heels together. Hold edge with right hand and place left hand on hip. Raise left leg to hip height in front of you. Lower leg to starting position, then raise leg out to side. Lower leg and repeat, raising leg behind you, to complete 1 rep. Switch sides to complete set. Do 3 sets of 10 reps.

"3 RULES I LIVE BY"

- ✓ **Take advice from the pros** "I'm addicted to the Food Network. I watch Giada De Laurentiis' show, *Everyday Italian*, and steal her ideas for preparing healthier chicken and fish dishes."
- ✓ **Carry your routine with you** "If my hotel doesn't have a gym, I'll pop a Pilates DVD into my laptop so I don't miss my workout."
- ✓ **End each day this way** "Before bed, I stretch for 10 minutes. It helps me clear my head and releases tension in my muscles. Plus, I fall asleep faster."