

WomenFitness

March 2023

**DANIELLE
GOLDING:**
*Ovarian Cancer
& Motherhood*

10

NUTRIENTS

For Your Liver, Kidney,
And Gallbladder

**Desi
Bartlett**

Empowering Women Inside-out

**Jenn
Labonte**

On Helping Women
Take Charge Of Post-
40s Weight Gain

YOGA
**To Enhance
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**Looking
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**SUN Sigh &
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Strong & Sexy

Desi Bartlett

EMPOWERING
WOMEN **INSIDE-OUT**

Desi Bartlett MS CPT E-RYT is an internationally published author, exercise product creator, and on-camera fitness and yoga talent. With over 25 years of experience in the field of health and wellness, her unique approach is to tap into an inner state of joy, and allow movement to become an expression of that joy. Desi is known for her work with celebrities, expecting moms, and new moms all over the world. Based on the island of Oahu, she is a passionate advocate for women's health and she recently returned to school to pursue her doctoral degree in exercise science.

She is a dynamic motivator and widely sought-after international presenter and spokesperson. Originally from Chicago, she has earned a degree in Kinesiology, a minor in dance, her Master's degree in Corporate Fitness. Desi holds advanced certifications in Yoga, Personal Training, Pre & Post Natal Fitness, and Group Fitness. She is also a continuing education provider through Yoga Alliance, the National Academy of Sports Medicine and the National Council for Personal Trainers. Desi has worked with several large companies, including Manduka, Gaiam, Equinox, Yogaworks, the US Navy, Mattel, and Frenshe.

Desi's inspiring and unique classes have been featured on networks such as ABC, NBC, FOX, Univision, Hallmark, and Lifetime. Desi is passionate about communicating her message of the joy of movement with people all over the world, and her DVDs are distributed in the United States, Latin America, and Europe. She currently stars in 10 Yoga, Fitness, and Dance DVDs, including Better Belly Yoga, Latin Groove and Prenatal Yoga. She is a loving and empowering guide for women on Beachbody on Demand, with a full offering of pre and post-natal yoga practices. In addition to video work, she has a diverse background in many areas of Fitness & Yoga and has worked as a product director for Gaiam, the group fitness manager for Equinox Santa Monica, and most recently worked in a dual role as executive and global ambassador for Manduka yoga.

In 2019 Desi co-created a round yoga mat that is safe for mothers, babies, and families and had a wonderful endorsement by actress/activist/author, Alicia Silverstone. Desi is an internationally published author and in 2019 wrote a book with Human Kinetics titled, "Your Strong Sexy Pregnancy," an informative and inspiring guide for pregnancy and beyond, which features a sweet quote from actress/author/entrepreneur Kate Hudson. Most recently, Desi teamed up with celebrity fitness trainer Andrea Orbeck, and award winning screenwriter and Pilates expert Nicole Stuart to write, "Total Body Beautiful: Secrets to Looking and Feeling Your Best After Age 35," for which Kate Hudson wrote the foreword.



Photo Credit: Dr. Natiya Guin

There is much more to come from Desi and her dedication to empowering women to cultivate strength from the inside out! Desi has co-authored a second book with an amazingly talented dream team Andrea Orbeck, and Nicole Stuart to bring you an amazing new book with Human Kinetics called Total Body Beautiful: Secrets to Looking and Feeling Your Best After Age 35.



Where were you born and had your early education? You now live on the beautiful island of O'ahu, Hawaii US. You hold a master's degree in corporate fitness and have done MS CPT E-RYT. You have been teaching health and wellness for over 25 years now. This later propelled your career to the height where you have been at the top of the world as an expert fitness trainer and teacher. Tell us more about your professional journey of exceptional hard work, tenacity, and endurance.

I was born and raised in Chicago and have my undergraduate and master's degrees from UIC (University of Illinois at Chicago). One week after I finished my master's degree, I moved to Cabo San Lucas, Mexico. In Mexico, I was able to learn about my culture (I am Mexican on my father's side, but grew up with my mother and did not know this part of myself yet). In Mexico I learned Spanish and owned and operated my first studio, Cabo Health and Fitness.

In September 2001, while living in Mexico, I travelled back to Chicago for a visit. Unfortunately, upon trying to return to Mexico, I was on a plane on September 11, 2001 the day of the attacks on the United States. I went into deep meditation and knew that it was time to move back to the US and to share the healing power of movement. I sold everything and moved to LA 2 months later. I chose LA because I knew that it was the right place for me to pursue my career in fitness and yoga, as well as to realize my dreams of teaching on camera to share health with more people through DVD's (back when DVD's were popular[]). LA was very good to me and I had the opportunity to work as the group fitness director for Equinox, the product director for Gaiam, the community director for Manduka, and worked with a lot of amazing individuals, including several celebrities. This path has led me to realize my dreams of empowering women with health and wellness through every transition in life, including pregnancy, new motherhood, perimenopause, and menopause to name a few.





Photo Credit: Dr. Natiya Guin

It is an honor as a Fitness Expert for Manduka yoga. Tell us more about this spectacular achievement of yours.

In 2019 I was hired to create the community program for Manduka yoga. It was an absolute dream to connect with teachers all over the world, and I also worked in a dual role, and was one of the global ambassadors. I think that it is important for all entrepreneurs to think on a global level. As a Mom, I have experienced the deep joy of motherhood that is a universal experience. I enjoy connecting with Moms from Europe, Asia, North America, South America, and Australia, and dream of someday going to Africa as well. I am so pleased that the round yoga mat that I created with Manduka has been sold on four continents. This makes me very happy because the mat is made of natural rubber and is super safe for moms and babies to enjoy yoga and playtime together.

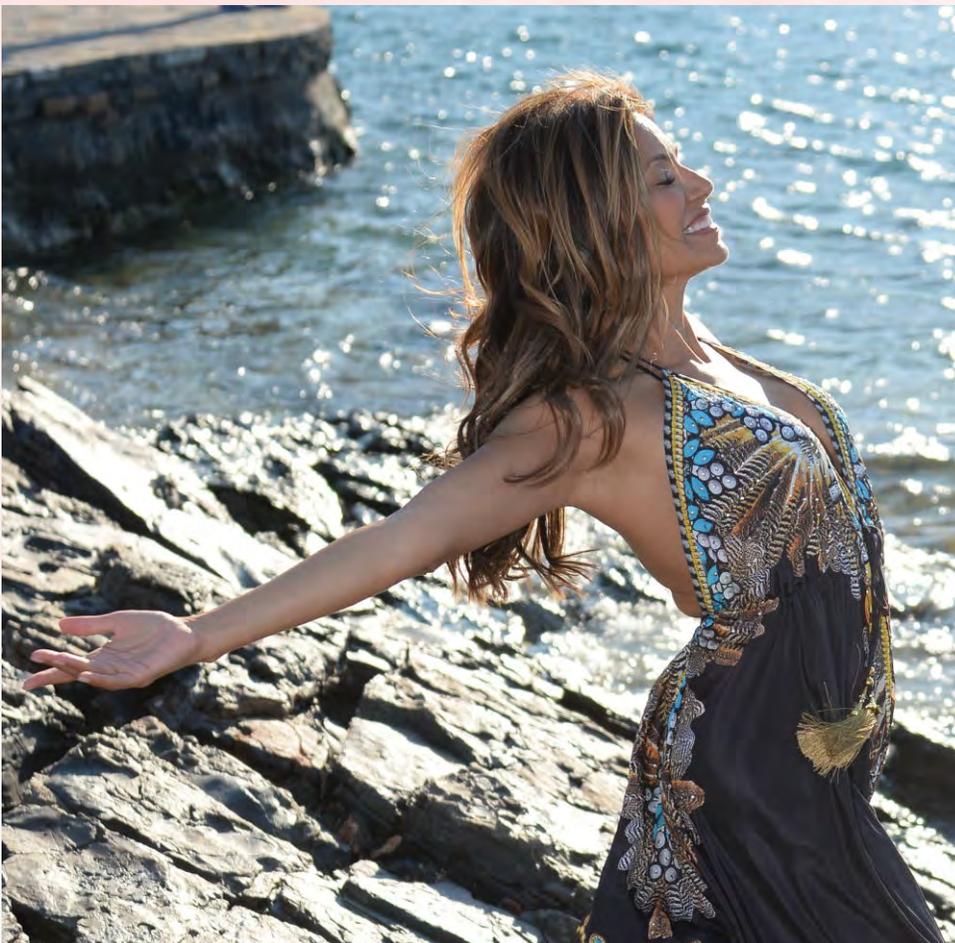


You are the world-leading internationally published author, exercise product creator, on-camera fitness and yoga expert, social media personality, model, and brand ambassador. How do you manage such a remarkable multi-dimensional lifestyle?

I feel extremely grateful to have found my calling early in life and wake up every morning excited to share the message of health & wellness. I begin each day with meditation and allow myself to receive inspiration and guidance as to how I can be of service. I stay open to receiving and ask to be shown how I can be of service each day. By allowing myself to be a messenger of health and healing, I stay open to the message and theme that reveals itself in meditation. Some days the message is about nutrition, other days it is about meditation, and still other days it comes through as healthy motherhood. We live in a world where the message can be shared in many different ways, through many different platforms. I see digital offerings and images as different outlets for sharing this message in creative ways.



Photo Credit: Dr. Natiya Guin



What exercises comprise your fitness regime or workout routine you may wish to share

I live what I teach, and I think that it is incredibly important to address all five elements of fitness including: cardiovascular fitness, muscular endurance, muscular strength, flexibility, and nutrition. Generally speaking, I lift weights 2-3 days a week (heavy weights!), practice yoga 4 days a week, walk 6 days a week, and Sunday is my active recovery day (light stretching or floating in the ocean). I want to emphasize that I do not think that it is necessary to always exercise for long periods of time. Some days I exercise for an hour, other days it is only 20 minutes. I prioritize consistency over the duration of a single workout.



How do you train your abs? One secret to your toned body.

Abs are cooked in the kitchen! When I want my abs to show for a photo or video shoot, I adjust my nutrition accordingly. For me, as soon as I cut out starchy carbs (bread, crackers, potatoes), I see an immediate difference. Cheese is another food that can make me look and feel bloated, and I am careful to avoid it most of the time. I also use my fitness pal app to track my macronutrients. To stay lean, I eat a lot of protein, which fills me up and gives me lots of energy.

In terms of exercise, I enjoy Nicole Stuart's Pilates workouts and Andrea Orbeck's core workouts in our new book together entitled, "Total Body Beautiful." Hundreds are an exercise from Pilates that allows me to connect to my deep core muscles, and plank is a standard strength exercise that works for my body. I also like to apply my strength in daily life. My younger son is 9 years old and 80 lbs., and I can still give him a piggy back ride. Tapping into the joy of movement, like giggling with my son, makes core training fun and functional.

Do you take a special diet or have a strict menu that you follow to remain healthy and physically fit?

I enjoy using the 80-20 rule. 80% of the time I have a very clean diet that includes a lot of protein, green vegetables, and healthy fats like avocados. Sunday is my cheat meal and I enjoy whatever I would like to, like pizza!



Five foods you absolutely love and five you keep to a minimum.

I am originally from Chicago, and grew up eating a lot of delicious, hearty Italian dishes. Deep dish pizza, baked lasagna, fettuccini alfredo, are all foods that I love to enjoy when I travel to my hometown. I live in Hawaii now and the restaurants and local foods are much different. It is easy not to splurge on deep dish pizza when the best one is over 4,000 miles away. These days I eat mostly vegetables, tofu, and rice.

☺☺
To Stay Lean, I
Eat A Lot Of
Protein, Which Fills
Me Up And Gives Me
Lots Of Energy.
☺☺

You have glowing skin and gorgeous hair. Share with us your hair care and skincare routine.

Thanks so much! Our skin is the largest organ that we have and it reflects what we take in, whether that is food, skincare products, or even stress. I live near the ocean and use a daily sunscreen on my face and neck. I also love Deep Living skincare and they have a nourishing oil that smells like a lemon tree. The oil is sourced in Greece and the product is clean, safe, and keeps my skin glowing.

For hair, I rely heavily on my hairdresser Alex Tohara. Alex is an expert and lets me know what products to use depending on what my hair needs. I love the ocean and she keeps my hair healthy and protected from too much salt and sun.

Five athletic leisure brands you love to wear.

Currently I really like Yoga Democracy, a very creative brand based in Arizona. They have amazing prints, and I get a lot of compliments on my Frida Kahlo leggings. Elisabetta Rogiani is an amazing designer that has been in Hollywood for many years and she will customize the fit if needed. Aviator Nation has my favorite comfy sweats/Mom uniform, and I was recently gifted leggings from the Tory Burch sport line that look like sunshine.



Five travel destinations on your wish list.

I am very grateful to have travelled extensively and have been to four continents. Next on the list is Asia. Specifically, Tokyo and Bali are on my wish list. I would also love to go to Colombia and Brazil. I speak Spanish and understand a bit of Portuguese and love the music from that part of the world.

Photo Credit: Dr. Natiya Guin

Five skincare Tips.

- 1- Let your skin breathe, try at least one day a week makeup free
- 2- Choose products that are great for YOUR skin, just because it works for your mom or best friend, does not mean it is right for you
- 3- Stress shows up in and on your skin, mindfulness practices create a positive impact in all systems in the body
- 4- A little bit of sunshine is great! While protecting our skin from the sun and UV damage is important, it is also important to allow a little bit of Vitamin D, natural warmth and radiance into and on the skin. The first morning light is more gentle and a perfect opportunity to connect to your body and sunshine for a few minutes each day
- 5- For women like me with a darker complexion, use a natural oil to avoid ashy skin, especially elbows and knees. I love deep living body oil (also great to help prevent stretchmarks for pregnant goddesses)

In 2019 you wrote a book with Human Kinetics titled, “Your Strong Sexy Pregnancy,” an informative and inspiring guide for pregnancy and beyond. The book teaches how to prioritize your health and happiness, Cultivate your inner power and be a fierce, strong, sexy mom! With the 3 + 1 Total Body Fitness philosophy, here you combine yoga, resistance training, cardiovascular training, and nutrition so you can enjoy a strong and healthy lifestyle that benefits yourself and your baby. Elaborate about this milestone in your career.

When I was pregnant with my older son Cruz, I could not find the right fit for movement classes. The fitness and yoga classes that I attended were either too hard, too easy, and/or did not use the word “baby.” I felt like goldilocks, because nothing was the right fit. At that point in my career, I already had 2 degrees, 8 certifications, and an extensive background in health & fitness.

I knew that it was time for me to step up and create what I could not find...an overall system that integrates yoga, fitness, nutrition, and recognizes the miracle of creating a sanctuary in your body, for your baby. I am grateful to work with an amazing health & fitness publisher, Human Kinetics. The acquisitions editor, Michelle Earle at human Kinetics, is an amazing guide and partner, and shares the mission of empowering others through movement. “Your Strong Sexy Pregnancy: A Yoga and Fitness Guide,” was written as a love letter to all Mothers, everywhere, and includes strength training, yoga, cardiovascular exercise, nutrition, and meditation. My doula, Lori Bregman wrote the foreword for this book, and it is a joy to collaborate with women that love to inspire and support other women.



“
Every Day,
Every Sunrise, Is A
New Opportunity To
Create The Vision Of
Your Life.
”

Photo Credit: Dr. Natiya Guin

Photo Credit: Dr. Natiya Guin



In the year 2019 you co-created a round yoga mat that is safe for mothers, babies, and families and had a wonderful endorsement by actress/activist/author, Alicia Silverstone. Tell us more about the product of this endeavor of yours.

Hatha Yoga is named for the luminaries, the sun and the moon. It made sense to me that if we are going to practice sun salutations, and moon salutations, we should have a space that is the shape of the sun and the moon, with 360 degrees range of motion. In exercise science, we learn that we only gain strength at the angles that we train. So it is important to have 360 degrees of movement available. For the design of this mat, I partnered with Manduka, and together we have a natural rubber mat (not harvested in the Amazon), with a microfiber top. The mat is made of sustainable materials that are safe for everyone to enjoy their favorite practice on! Mommy and me yoga, partner yoga, and restorative yoga, are some of the many ways that the mat can be enjoyed.

Seeing Moms all over the world sharing their practice with their children on the round mat warms my heart. Alicia Silverstone is a lovely and conscious Mother that walks her talk. She embodies kindness and expresses that in all that she does, including choosing products that will not harm the earth. I am pleased to share that because the mat is made of natural rubber, it will not live in a landfill for decades. What we use in our movement practices matters, and it is important to read the labels.

💖💖 *I believe in a holistic approach to fitness and health that includes muscular strength, muscular endurance, cardiovascular endurance, flexibility, and nutrition, I knew that it was time to call the two most talented trainers that I know. 💖💖*

You have co-authored a second book with celebrity fitness trainer Andrea Orbeck, and award-winning screenwriter and Pilates expert Nicole Stuart to write up to bring an amazing new book with Human Kinetics called Total Body Beautiful: Secrets to Looking and Feeling Your Best After Age 35 that was released October 27, 2022. Tell us more about this book.

Human Kinetics has been around for decades, and most of my college texts were published by HK. To partner with them on a second book has been a dream come true. Because I believe in a holistic approach to fitness and health that includes muscular strength, muscular endurance, cardiovascular endurance, flexibility, and nutrition, I knew that it was time to call the two most talented trainers that I know. Andrea Orbeck is an athlete, a personal trainer, and an amazing role model for women everywhere. Nicole Stuart is a Pilates expert that is dedicated to her craft, and is also an incredibly talented writer. Over the years, the three of us have shared clients, based on what the client needed to focus on. If someone needed more strength training, I would call Andrea. If a client needed to focus on deep core strength and posture, I would call Nicole. The same is true of yoga, meditation, and prenatal practices, if that was what was needed, then they would call me. Each of us is passionate about a slightly different aspect of fitness, and we partnered to lift and empower women over the age of 35.

What works in our 20's does not stay the same over the age of 35. A little extra cardio, a crash diet, and too little sleep is hard on our bodies, especially when we move into perimenopause (the time before menopause). When our hormones begin to shift, it is time to create a program that integrates mental, emotional, and physical health. Women are multi-faceted, whole beings, and we must speak to each level of self. and it is important to read the labels.



Your focus on health and wellness is your unique approach to tapping into an inner state of joy, and allowing movement to become an expression of that joy. Elaborate on this concept of well-being for our readers.

Movement should not be a chore. Allowing movement to come from a place of joy is important. Whether it is dance, yoga, or lifting your child, we each have a form of movement that comes from a place of joy, a place that feels fun and natural. Tapping into that state reconnects us to the feeling of being energy in motion.

What do you wish to say about the website Womenfitness.net and the message for its visitors?

I have been following womenfitness.net and I am inspired by all of the beautiful women from all over the world that share their gifts so generously. I am continuously inspired by each contributor's unique voice and how each one shares her talents and gifts. I truly believe that we all come into this life with a mission, and seeing how each person expresses that mission is a joy to behold!

You have a degree in Kinesiology, a minor in dance, a Master's degree in Corporate Fitness, and currently pursuing a doctoral degree in exercise science. You also hold advanced certifications in Yoga, Personal Training, Pre & Post Natal Fitness, and Group Fitness. You are a continuing education provider through Yoga Alliance, the National Academy of Sports Medicine, and the National Council for Personal Trainers. How have these educational qualifications and varied teaching experience helped you reach the pinnacle of being an expert holistic fitness trainer?

The truth is, I am a scenic nerd and love to learn as much as I can. I love the feeling of the joy of movement, and continuously strive to learn more about how to tap into that state. Whether it is a deeper understanding of the body-mind connection, or the way that nutrition can affect our moods, there is so much to learn! I also feel like it is my responsibility to be a life-long learner as all areas of exercise science evolve. Understanding each new concept elevates my skill set and allows me to be of service in new ways. I am currently back in school in my doctoral studies, while simultaneously teaching a prenatal yoga module for another university. Higher education is something that lights me up, and finding ways to share that knowledge is a passion of mine.

You have an impressive Instagram handle @mothersintolivingfit with 61k followers. A message for your ardent admirers.

Every day, every sunrise, is a new opportunity to create the vision of your life.

We each have the same 24 hours in a day, how we choose to spend the currency of time matters. Choose wisely.

Your inspiring and unique classes have been featured on networks such as ABC, NBC, FOX, Univision, Hallmark, and Lifetime. You are passionate about communicating your message of the joy of movement with people all over the world, and your DVDs are distributed in the United States, Latin America, and Europe. You currently star in 10 Yoga, Fitness, and Dance DVDs, including Better Belly Yoga, Latin Groove, and Prenatal Yoga. Your empowering guide for women on Beachbody on Demand, with a full offering of pre and post-natal yoga practices. Elaborate more about these fitness and yoga videos.

When I moved to LA in December of 2001, it was with the sincere desire to be of service and share the joy of movement. My intention was clear, and remains clear to this day. Having the opportunity to share yoga, fitness, meditation, dance, and women's health in English y en Español is a privilege that I never ever take for granted. I enjoy the medium of video content because it allows me to connect with more people, in the comfort of their home or at work.

During the shutdowns of 2020 and part of 2021, our world learned about the power of connection, including online connection. Connecting through platforms like iFit, as well as networks like ABC and Telemundo, provides the opportunity to share the joy of movement with people all over the world. My vision is global, and I have some very specific goals for the next 5-10 years.



Photo Credit: Mark Takamura

You are an expert on fitness for 'expecting moms, and new moms'. What fitness tips on exercise and diet do you wish to give to this segment of women's audience?

Your body is a miracle! Your body protects, nourishes, and supports your child. Remember to say thank you to your body, to celebrate the changes, and to connect to the power of motherhood. Exercise, meditation, and healthy food can help sustain you while your body, mind, and heart undergo dramatic changes. Your baby will benefit from your healthy choices as well. Be kind and patient with your body and remember that each day will be a little bit different.

Some days you might have a lot of energy, and you can channel that energy into a more challenging movement practice that cultivates strength from the inside out. Other days you might feel more tired, and with good reason, your body is quite literally constructing your baby's organs and bones. On the days when you are feeling fatigued, honor that, and remember how hard your body is working, even when you are at rest. Softer, more receptive practices like stretching, walking, and meditation can help you connect to your body, the rhythm of your breath, and your baby.

Check out my book,
"Your Strong Sexy Pregnancy: a Yoga and Fitness Guide"

for a comprehensive exercise plan during pregnancy and new motherhood, and my site is desibartlett.com.

