



Stacey Griffith shows off the results of her summer body hacks.

BUILDING A BETTER SUMMER BODY

SoulCycle instructor Stacey Griffith praises the power of premium nutrition, the benefits of intermittent fasting, and shares a shortcut to core tightening.

Here we are again—it's summer in the Hamptons. Time to walk around in those perfectly curated, lightly textured finds from your shopping sprees in Europe. The question is, How will you look in them now? A lot of you did a great job staying in shape over the winter, with proof from the email from SoulCycle stating "Congratulations on your hundredth ride this year!" This is an amazing accomplishment, no

doubt—but how was your nutrition?

The workouts will not show up on your body if you are not watching how you fuel yourself. The old adage, "calories in, calories out" is not the truth. You would have to quit your day job to make that fantasy happen.

The secret sauce to looking good is not working out 20 times a week from a place of exhaustion and fatigue. The actual magic happens

when you give your body time to use the nutrition you feed it, and allow it to go multiple hours without putting mindless bites of crap down the shoot. (This isn't for everyone. You may have medical conditions that require you to eat specific foods at specific times, so please consult a doctor first.)

My podcast partner in crime, @sarahwragge, taught me last summer to intermittent-fast, before it was a national trend. Even coaches need a coach at times. Sarah was my go-to person for nutrition, when it came to deciding what I needed to do to take my body to the next level. On our podcast, *The Way*, we explain the fasting protocol in great detail.

So what is it exactly? In a nutshell, I keep myself in a fast-or-feast state every day. For 16 hours I do not eat. It's easy when you get eight to 10 hours of sleep! Let's say I have dinner at 6 and go to bed at 10PM. I won't have my first small protein/carb meal until 10 or 11 in the morning, and I make sure that first meal is really healthy, be it raw oatmeal, scrambled eggs, or a bowl of fresh berries. For my second meal, I either have dinner out with friends or a big lunch, but I don't do both the same size, and I watch the total calories in both, trying not to exceed 800.

Fasting was my body hack from last year. The second part of the hack is Dr. Paul Jarrad Frank and his EMSCULPT® program. It features an electromagnetic device placed on your abs and butt. The device provokes muscle contractions, the equivalent of thousands of sit-ups within a 30-minute period. In my profession, I don't stop moving, and the last thing I actually feel like doing after a long day is working out, so this has been a secret weapon for keeping my core in great shape.

So there you have it: the way I lost 20 pounds in a year. Drink lots of Akeso CBD-infused Functional Fitness Water this summer, drink less alcohol—and for god's sake, get more sleep! 🙌