

FIT TO BE WED

How **fitness and wellness pros** got in shape for their own weddings. by Mary Clarke

THE PRO Melisse Gelula, co-founder and editorial director of healthy-living website Well+Good. **HER GOAL** “More muscle definition and arms that look ‘toned at rest.’” **THE PLAN** With her insider’s perspective on the workout scene, Gelula knew Ariane Hundt’s Slim and Strong program would be a perfect fit, so she signed up 4 months before the big day. **THE WORKOUT** “Ariane is a trainer and a nutritionist, and after 3x-week interval training classes with her, I went from doing a few pushups to being able to bang them out and hold a 3-minute plank. I’d leave everything I had in a pile of sweat on the floor in those sessions.” **FOODWISE** “I ate four or five small, protein-dense meals a day. I don’t eat meat, so there was lots of salmon and eggs in my life. I did away with sugar, wine and desserts.” **RESULTS** Gradually, Gelula’s muscle percentage went up and body-fat percent went down. “I really liked how I looked in my clothes. Also, I was never very athletic as a girl. I found fitness in my life much later, so it was amazing to see what my body could do.”

THE PRO Mandy Unanski Enright, RDN, certified fitness instructor and founder of NutritionNuptials. **HER GOAL** “I believe my exact words were, ‘I want to look slamming on my wedding day.’” **THE PLAN** “Determined to find a fitness outlet near her new home, 8 months before her wedding, Enright walked into a local hot-yoga studio and never looked back. **THE WORKOUT** “Rather than be intimidated by how bendy and advanced my classmates were, I was inspired. I became a regular, practicing 5 to 6 times a week. I never thought of yoga as ‘working out.’ It was a chance to escape, play and get out of my head. I became more toned, flexible and stronger. Clothes were fitting me differently.” **FOODWISE** “My fiancé and I followed the ChooseMyPlate.gov guidelines: 1/4 plate of protein (usually fish or chicken), 1/4 grains, 1/2 fruit/veggie. Portion control and only serving one plate per meal became a habit.” **RESULTS** “I wore

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GELULA: “I’m really busy and hitting the number of workouts was challenging. I was also prepping and cooking a lot more. So I prioritized the hell out of these things to make sure they happened.”

FIELDS: “To stave off late-night cravings, I’d make sure to have one last snack before dinner.” **ENRIGHT:** “A kitchen is the place to enjoy a meal together, so my big rule is: ‘No technology at the table.’ Avoiding such distractions helps to curb overeating as well.”



“DON’T LET YOUR WEDDING DAY SIGNIFY THE END OF YOUR HARD WORK,” ENRIGHT SAYS. “KEEP MOTIVATING EACH OTHER TO STAY ON TRACK.”

a strapless, formfitting gown that left very little room for error in the ab, shoulder, arm and back regions—and I felt amazing by the time my wedding rolled around.”

THE PRO Melissa Fields, a trainer at Peak Performance, in N.Y.C. **HER GOAL** To up her overall awesomeness and “be the best version of myself on my wedding day.” **THE PLAN** Fields devised a program with the skill and precision that comes from training clients every day, ramping up her typical weight-training routine and adding cardio doses of treadmill, rower and elliptical. **THE WORKOUT** “I designed a 3-month program broken into progressive phases, each month requiring more time and intensity than the last. I began with 4 hours of training a week, increasing to 5.” **FOODWISE** Fields embarked on an equally precise plan: 1500 calories per day for the first 2 months, 1250 in the final month. “I cut out alcohol and soda; I had a shake after every workout to increase my protein, and snacked on string cheese and hard-boiled eggs. **RESULTS** “An all-over ‘tighter’ physique. I looked great in my dress but more importantly I felt so proud to have followed through and succeeded in my plan.” ■