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Vital Spy: Jennifer Cohen

The creator of No Gym Required workouts and sneakers lets us in on her weekend plans.



Got extra cash to spend on a gym? We didn't think so--and neither does Jennifer Cohen, past trainer of Keanu Reeves, the Playboy Playmates and more hot Hollywood bodies. That's why her new book, *No Gym Required*, teaches how to get in shape gym-free. We spied on her healthy weekend rundown:

Let Nature set the pace. "I hike Runyon Canyon: It has a great incline," says Cohen, who walks while wearing the "NGR" shoes she invented: sneaks with weighted insoles. "I can burn 50% more calories with them on," she says.



Have a super-natural meal. "I love going to Fresh Corn Grill," says Cohen. "I get the Fresh Corn Grilled Salad topped with a piece of grilled salmon." 1510 Westwood Blvd., Westwood, (310) 470-0414, MAP

Chill out. For dessert, "I go to Bigg Chill," says Cohen. "They have like a million flavors of the best frozen yogurt in the city. My favorite is the low-fat chocolate custard." 10850 W. Olympic Blvd., Los Angeles, (310) 475-1070, MAP



Go to the (space outside the) gym. "Adam Ernster has this very exclusive gym in Beverly Hills, The Bunker, with an open space where I do No Gym Required circuits," reveals Cohen. "If I did work out in a gym, I'd choose this one: The equipment is very functional and special." (310) 709-0525

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