



MIZZ FIT

BIANCA JADE

Bianca Jade aka MizzFIT loved working out so much that she left a successful advertising career to create MizzFIT.com, and never looked back. Since then, she has been on The Today Show, Shape Magazine, People Style Watch, and scores of other publications as a fitness style expert. Her ultimate goal is to motivate women to feel healthier and look better.

GLOSSYBOX MAG: What do you have for breakfast everyday?

Bianca Jade: When it comes to breakfast, I'm not really a creature of habit. I like variety (that's why I change my workouts every day). Some days I'll have oatmeal with fresh fruit, honey and almond butter on top. Some days it's a fluffy scone from Sarabeth's NYC and sometimes I'll make myself a green or berry protein packed smoothie. I usually wake up hungry with a craving and go from there. But the one thing that never changes is that I need coffee every morning!

GM: What are your favorite foods for snacking?

BJ: I have to admit, I used to snack on candy for years! But I'm proud to share that I kicked that problem. I went without it for 21 days and let go of my addiction. I turned my sweet tooth into a green tooth. Now I love to snack on raw veggies with a sinful dressing or dip. I think it's good to feel like you're being a little bad.

GM: Do you have any tips for eating tasty and healthy?

BJ: Yes! My trick is to educate yourself with cooking books. I'm not much of a cook but when I follow recipes I get a really great sense of fulfillment. My

two favorite cooking books right now are "Salad For Dinner" and "Crazy Sexy Kitchen". I also subscribe to Health Magazine and tear out all the amazing recipe pages so I can recreate them at home. For me, cooking is a fun challenge since I'm not naturally skilled at it. And you get to see everything that goes into your dishes because you're in control.

GM: What are the main areas women want to tone?

BJ: The women I know and write for want to tone their waistlines, abdominal region, thighs, butt and arms. Pretty much everything! But I think the best part of the body to tone is your mind. When you start by shaping a strong self-image, the body quickly follows.

GM: What is your favorite part about working out?

BJ: I like the way sweating makes me feel—empowered, passionate and beautiful. But most of all it gives me balance. It helps me go with the flow and let go of stresses that this crazy life brings on.

GM: How do you think fitness relates to beauty?

BJ: Quite simply, when you feel good on the inside you feel vibrant on the outside. Everything blossoms from within, especially beauty.

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GM: Describe your beauty routine.

BJ: I like to baby my skin, hair and body. I use non-irritating facial cleansers that don't foam too much since I have dry, sensitive skin. I go to town on moisturizers and especially love creams that are thick and leave my skin feeling dewy. Since I spray tan weekly and wear makeup everyday, I firmly believe in exfoliation and never forgetting to wash my face before I go to bed at night. I swear by my Clarisonic brush!

For my hair, I use a sulfate free shampoo and conditioner and I give it extra shine with Philip B's Katira Hair Masque. And like any girl, I get mani's and pedi's often but since I do a lot of barefoot exercise I make a point to keep my feet and toenails looking their best. It's how I put my best foot forward in the fitness industry!

GM: What are the latest trends in fitness fashion?

BJ: Right now I'm loving fitness blazers and sequined weight training gloves. I like to create trends instead of following them!

GM: Tips on working out in style?

BJ: My best tip is to dress for the workout you're about to do, taking into account how much you're go-

ing to sweat, what parts of your body will be moving the most, how much bending it requires and how fast you'll be moving throughout the exercise. Not all activewear is built the same. I see women who wear run tights to yoga without realizing how sheer their tights are during bent over poses. I also see people wearing cotton to high-intensity cardio classes. That's a big no-no! Cotton absorbs sweat and becomes super heavy, weighing you down and may even cause chaf-

ing against the skin. If you take the time to think about what your workouts entail, you can put together a fit look that's functional and stylish.

GM: What are the myths surrounding working out/fitness you would most like to dispel?

BJ: What I'd most like to dispel is the idea that working out is dreadful. I tell MizzFIT insiders and followers all the time: 1. You can embrace your inner jock and fashionista as one. 2. Just because you're going to get sweaty doesn't mean you can't look hot doing it. 3. Easy is coasting. Hard is putting your heart into it.

