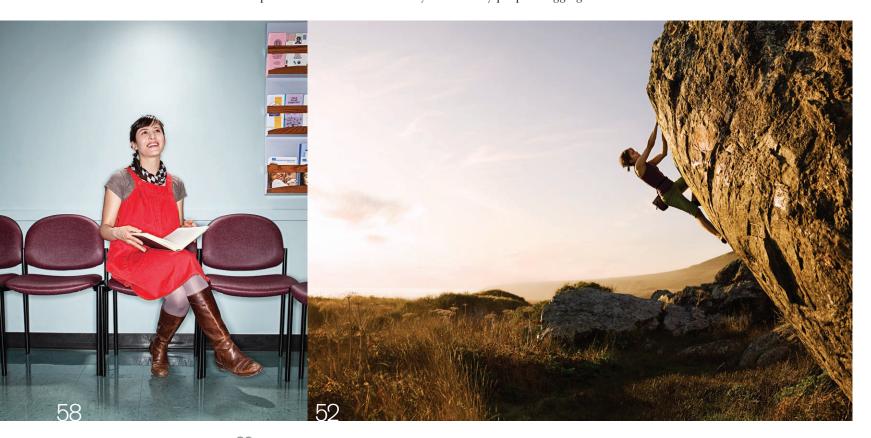
Best mind-body healers

SAVE THIS LIST: BAY AREA OVERACHIEVERS REVEAL WHO KEEPS THEM HEALTHY & FIT PLUS: STEALTH HEALTHCARE REFORM FOR THE CITY'S NEW JOB-JUMPING CLASS



FEATURES

- **How to get this healthy.** To find out how the Bay Area's Olympic athletes, high-profile execs, Chinese acrobats, and other movers and shakers stay healthy, happy, and (mostly) out of the doctor's office, we asked them to divulge their fitness gurus and healing heroes. BY LESUE CRAWFORD
- **Heal thy people.** San Francisco's two-year-old experiment with healthcare for all—our groundbreaking stand-in for the "public option" now being debated in Washington, D.C.—is just what the city's new job-jumping professional class needs. So why are so many people dragging their feet? BY JUSTINE SHARROCK



OUTTAKES 83 Leather and lace. This month on the social circuit. BY ELIZABETH VARNELL

EATS 89 ■ Restaurant reviews, food news, and great bites from around the Bay. EDITED BY JAN NEWBERRY

■ Benvenuto a 54 Mint, the most Italian restaurant that doesn't sound like one. BY JOSH SENS

■ PLUS: Five great Monday-night specials.

EXAMPLE 97 Members' copies only.

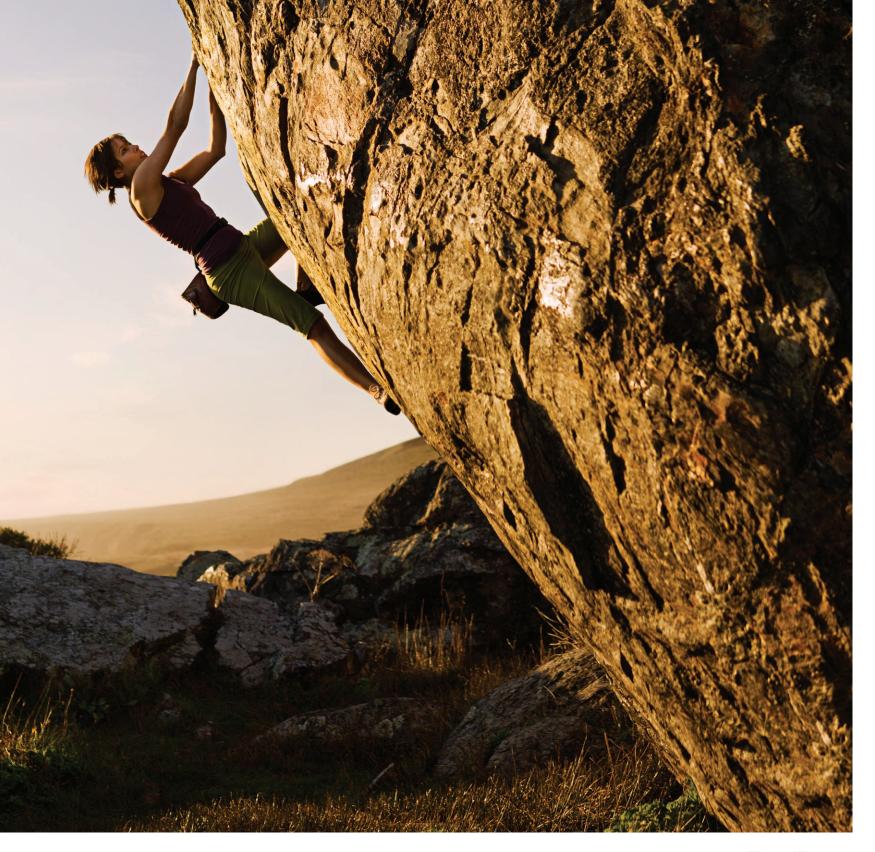
BACK STORY 104 Hanging out for art. Sometimes a photo shoot requires more than just a camera and a keen eye. BY ERIN KORSMO

COVET. PHOTOGRAPH BY ROD MCLEAN. SHOT ON LOCATION AT "ENDLESS BUMMER" ROCK, ON MICKEY'S BEACH.

LEFT: KEENEY + LAW; RIGHT: ROD MCLEAN







How to get this healthy

reveal the health and fitness gurus who heal their battle wounds and keep them going strong.

Ethan Pringle takes a break from his afternoon climb to admire the view from Sunset Wall at Goat Rock, in Sonoma.

WHO KEEPS WICKED WOMEN IN SPELLBINDING SHAPE



Good witch Glinda (Kendra Kassebaum, above) swears by former Rockette and Pilates master teacher and trainer Helena Hultberg-Talman to get her through eight bewitching performances a week. Bad witch-OK, very misunderstood witch-Elphaba, aka Teal Wicks, relies on two people to help her power through her physically demanding role: physical therapist Gina Giammanco, at Red Hawk Physical Therapy ("She has the strongest hands and can get to the root of your problems"), and Pilates instructor Greta Schroeder, who teaches at YogaWorks and the Jewish Community Center ("She's both nurturing and challenging"). To protect her skin from all that gunky makeup, Wicks relies on aesthetician Pearl Dworkin, at Optimum Skin Care. "Her deep-cleansing facials get the green out that never seems to go away," Wicks says. HELENA HULTBERG-TALMAN: 949 GUERRERO ST., S.F., 323-252-0605; GINA GIAMMANCO: 580 MARKET ST., S.F., 415-788-2100, REDHAWKPT.COM; GRETA SCHROEDER: YOGAWORKS, 1823 DIVISADERO ST., S.F., 415-292-5600, YOGAWORKS.COM; THE JEWISH COMMUNITY CENTER, 3200 CALIFOR-NIA ST., S.F., 415-292-1200, JCCSF.ORG;

PEARL DWORKIN: 2660 GOUGH ST.,

S.F., 415-310-9465, SKINCAREBY

PEARL.COM



WORLD-CLASS ROCK CLIMBERS ON WHO KEEPS THEM SUPPLE

Bad stuff is gonna happen when you're climbing sheer walls: Ribs pop out. Shoulders pull. Tendons tear. That's when Spider-Man-channeling climbers Natasha Barnes and Ethan Pringle turn to their favorite massage therapists. For soft-tissue repair, Barnes loves Scott Schwartz, of Psoas Massage + Bodywork, whose deep-tissue sports massage turned around her tendinitis; Pringle credits Jim Donak, an acupressure massage therapist favored by Circus Center aerialists and acrobats, with helping him get back into climbing shape after shoulder surgery.

SCOTT SCHWARTZ: 333 3RD ST, S.F, 415-227-0331, PSOASBODYWORK.COM; JIM DONAK: 815 CORTLAND AVE, S.F, 415-515-3282, DIVINGBUDDAH.COM



BACK STORY

Hanging out for art

Climbing to the top of a pinnacle isn't exactly a job requirement for most photographers but that's just what Rod McLean had to do a few years ago in order to shoot a healthrelated ad campaign. The danger was worth it: He's been an avid rock climber ever since, which is why he was the perfect person to shoot world-class climbers Natasha Barnes (pictured at left) and Ethan Pringle for "How to Get This Healthy" (page 52). McLean chose Goat Rock, in Sonoma County, for its stunning beach location. But once the session began, he quickly realized that it posed little challenge to these seasoned climbers. "I had wanted a shot that would make a viewer say, 'Holy shit, these guys are amazing!" Luckily, Barnes and Pringle had some ideas of their own, so they jumped at the opportunity to do a little directing, offering advice on which positions and angles might look best.

So, did McLean also manage to score any free climbing lessons from the superstar duo? "That would be like them trying to teach me how to walk," he says. "I consider myself a good climber, but they're grabbing pieces of the rock that I don't even consider an option."

BY ERIN KORSMO