

# Let's Get Physical

You can't work around food all day without a fitness regimen. Here's how Food Network chefs keep in shape.

ILLUSTRATIONS BY TOM COCOTOS



**MARC MURPHY**  
Running  
30 minutes,  
7 days a week

"I could never commit to a class, so I try to fit in a run between meetings or time at my restaurants Landmarc and Kingside. It's brutal to run in Central Park in the winter, so I go to the gym or take stairs whenever I can."



**JEFF MAURO**  
Crossfit  
1 hour,  
3 to 4 times  
a week

"My cousin encouraged me to try Crossfit, and I was hooked instantly: You never do the same workout circuit twice. Once you break past the wall of it being scary, you learn the fundamental movements and really get into it."



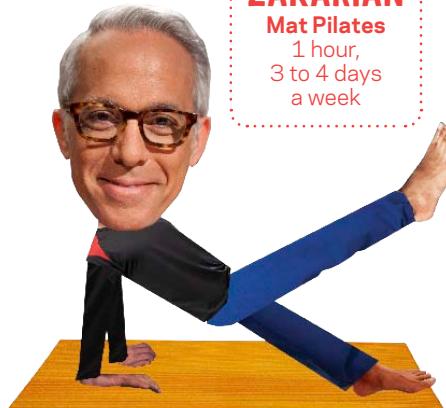
**MARCELA VALLADOLID**  
Yoga  
90 minutes,  
3 days a week

"I fell in love with yoga when I noticed I had more energy during the day and slept profoundly at night. Due to my work schedule, I don't practice as much as I would like, but whenever I'm home I make time for it."



**MELISSA D'ARABIAN**  
Tabata and  
P90X  
45 minutes,  
5 days a week

"I do a modified version of Tabata interval training at home by running the length of my block, walking across the street and repeating that eight times, and I love P90X for the weight lifting."



**GEOFFREY ZAKARIAN**  
Mat Pilates  
1 hour,  
3 to 4 days  
a week

"I started doing Pilates five years ago because I had severe lower-back pain, and it has literally vanished. Pilates has given me remarkable flexibility, core strength and an overall feeling of invincibility!"



**CHRIS SANTOS**  
Boxing and  
spinning  
45 minutes,  
5 days a week

"I grew up watching fights, and I can box at a competitive level, but it's so physical that I've had to cut back. Now I switch it up and ride a few times a week at Flywheel; it's easier on my body but still very challenging."