

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."



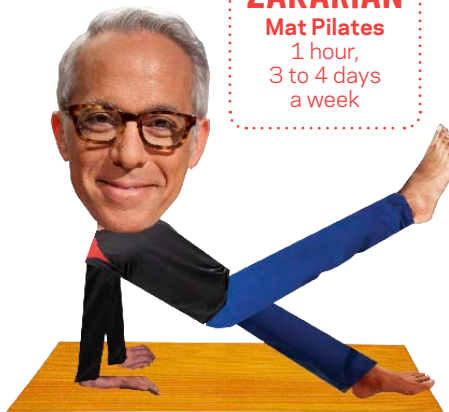
MARCELA VALLADOLID
Yoga
90 minutes,
3 days a week

"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."