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Dr. Kulreet Chaudhary

LA JOLLA

Get Well

A San Diego doctor's motivational approach to improving health

Devotees of Ayurveda may know their doshas (Vata? Pitta? Kapha?) like the backs of their chakras, but a certain caffeine-chugging, Type A segment of society has been slow to join the 5,000-year-old party. Lucky for them, La Jolla-based Dr. Kulreet Chaudhary speaks their language. In a sense, the neurologist and Ayurvedic practitioner helps her business-minded patients approach their bodies as they would a startup. "It's easier when they already know the language of success—and can just apply it to a different subject," says Chaudhary, who completed part of her training under the same Dr. Stuart Rothenberg who taught Deepak Chopra. Of course, her practice—known as **Wellspring Health**, cofounded with her endocrinologist husband Sandeep Chaudhary—is not solely for the MBA set. Her clients' backgrounds are as diverse as the conditions she treats, which range from depression and fatigue to diabetes and multiple sclerosis. Next up: Wellspring brings personal coaches aboard in June to help with other life goals. 858-646-0400; mywellspringhealth.com. **CHANTAL GORDON**



Fila's sleeveless tank and Center Court wrap skirt.

Ace Gear

Seen on hard-hitting tennis stars Kim Clijsters and Anna Chakvetadze at the BNP Paribas Open in Indian Wells this spring, **Fila's** latest on-court attire blends modern lines with the brand's sleek and simple design heritage. From \$45, fila.com. **N.C.**



Fortune Hanebrink bike, from \$5,500.

All-Terrain From the slopes of Tahoe to dunes of Death Valley, the L.A.-based **Fortune Hanebrink** electric bike was created for extreme rides.

fortunehanebrink.com. **J.M.H.**



Body coach Valérie Orsoni

SPRING CLEAN

San Francisco-based **Valérie Orsoni**, the successful online weightloss coach of LeBootCamp.com, launches *Wii My Body Coach* this month. Here, she shares her spring wellness tips: • Start each day with a 30-minute walk on an empty stomach. • Work up to a one-minute plank—tones abs, and biceps and triceps too. • Burn up to 15% more calories by wearing a weighted jacket while performing basic tasks. • Drink soba cha for detoxification. • Once you have a set a goal for yourself, keep track of your successes as well as failures. lebootcamp.com. **J.M.H.**

LOS ANGELES

Outward Bound

Even the prettiest of gyms can start to feel confining, and while outdoor activities provide good exercise, they can lack the structure and motivation found in a classic training session. That's where programs like **Boot Camp L.A.** come in. Created by fitness expert Jay Kerwin, the month-long program incorporates running, stretching and weight training suited to a range of goals, from weight loss to endurance building. Held at the La Brea Tar Pits, **Boot Camp L.A.** also offers a far more inspiring setting than even the most well-designed gym. bootcamp.la.com. **N.C.**

