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HER VITALS

Hometown
Palisades Park, NJ

Favorite restaurant
A Korean eatery in New York called Dok Suni, which means "strong woman"

Recreational obsession
Horseback riding

phat farm

Stacey Antine, 38

Why we admire her Antine sits on the ground, raking the soil with her fingers. She drops in a pea seed and looks up at 12 wide-eyed little kids staring back. When she says the word, they scramble off to plant their own seeds in a 10-by-10-foot plot of soil. After playing in the dirt for an hour, they head back to the barn, where Antine shows them how to prepare peas for a pasta dinner. "Whatever we plant, we cook," she says. And therein lies the essence of **HealthBarn USA**, a program that uses the farm experience to teach people about eating well. Four years ago, Antine, then a public relations vice president, craved a job that was more fulfilling. A few successful nutrition campaigns had inspired her to take night classes at New York University to become a registered dietitian. While working in a hospital to earn credits, she realized that simply telling people about nutrition wasn't enough. If only she could show them... In 2005, HealthBarn USA was born.

Antine at the farm with her students; riding high on vacation in Mexico.



Easy Peasy Pasta

- 1 box Barilla Plus fusilli
- 1 large Spanish onion, sliced thin
- 2 Tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 2 large tomatoes, chopped
- Handful of fresh herbs, chopped
- Salt and pepper to taste
- 1 c fresh peas, shelled
- 1/2 lb fresh mozzarella

1. Boil pasta for 10 minutes. Drain.
2. Sauté onions in oil in a large saucepan over medium heat until translucent, about 10 minutes. Add garlic and sauté another 2 minutes.
3. Stir in tomatoes, herbs, salt, pepper, and 1/4 cup water. Cook uncovered for 20 minutes.
4. Add peas and pasta to sauce. Let simmer for 15 minutes.
5. Serve with sliced mozzarella.

MAKES EIGHT SERVINGS. Per serving: 310 calories, 9 g fat (3 g saturated), 60 mg sodium, 24 g carbs, 15 g protein

Babe: colorful rows of produce, cows, pigs, chickens, and a 200-year-old Dutch barn. After a few meetings, Antine signed the lease for an eighth of an acre and a room in the barn—all on her own dime. She refinanced her Manhattan apartment (where she lives) and continues to do PR consulting on the side.

What she accomplished More than 750 people—mostly families and school groups—have grown and eaten their own fruits and vegetables at HealthBarn USA since its start a year ago. They visit for a day or join a 12-week program, which includes cultivating crops, cooking them, and learning about their health benefits. "I want kids to get excited about an apple the way they do about soda," she says. And they do: Last fall, 8-year-old Jeffery turned to Antine and said, "I only want to eat out of the earth." She had inspired him, and it felt really good. "My big PR campaigns weren't resonating with people in a personal way. It has to happen at the grassroots level—literally," says Antine, who runs the program with three employees.

What's next Antine is partnering with Whole Foods Markets in New Jersey to run in-store seminars on healthy eating.

» Learn more about Stacey Antine, R.D., at healthbarnusa.com.

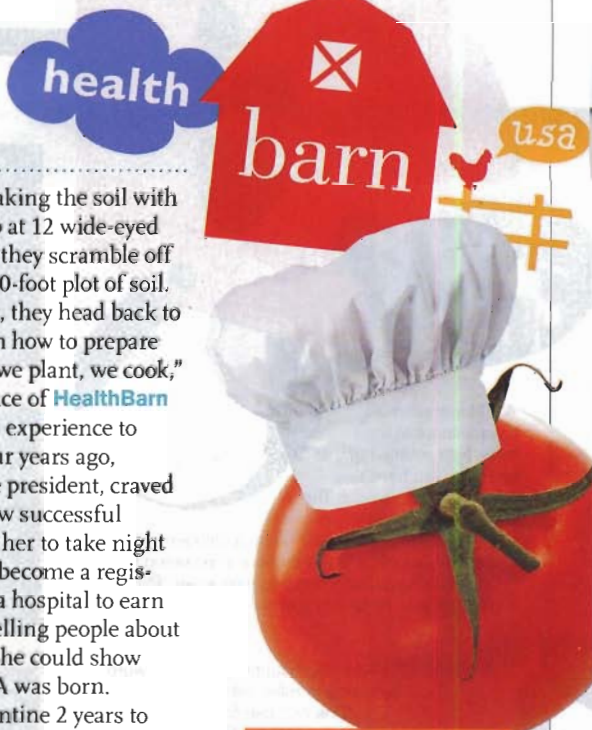


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ACTION FIGURE FLASHBACK

Dietitian on a Mission

THE FIRST DIETITIAN at cereal mogul John Harvey Kellogg's Battle Creek Sanitarium, Lenna Frances Cooper (1875–1961) was a quiet nurse from Kansas who worked her way through school. During World War I, she was named supervising dietitian of the U.S. Army, which prompted her and colleague Lulu Graves to organize a national gathering of dietitians. That event turned into the first meeting of the American Dietetic Association.



Three small steps toward utopia



ACT NOW!

1 Eat Smart For a list of all the stores, restaurants, and farms that sell certified all-natural and organic meat, dairy, and egg products near you, visit eatwellguide.org, an online directory sponsored by organizations like the American Grassfed Association.

2 Bank On It Before your Fourth of July leftovers rot in your fridge, call America's Second Harvest. With more than 200 locations nationwide, **this food bank will share your food** with soup kitchens, shelters, and after-school programs in your area (secondharvest.org).

3 Buy at the Farm Your daily dose of meats, vegetables, and fruits travels an average of 1,200 miles to your plate. **Buy food at your local farmers' market instead.** It'll support small farms and reduce pollution from transportation.

CLOCKWISE FROM CHEF: IAN; SIEDE BREIS/GETTY IMAGES; MICHAEL ROSENBLUD/GETTY IMAGES; DANIEL ATHA/CORBIS; COURTESY OF AMERICAN DIETETIC ASSOCIATION; MICHAEL ROSENFELD/GETTY IMAGES