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▶ HOW W EDITORS ARE GETTING IN MID-WINTER SHAPE

We canvassed the office to find out what our editors are doing—and eating—to stay in shape this January, and while some answers were comprised of a sarcastic “nachos and beer,” we’re happy to report that there are more than a few fitness buffs at *W* eager to share their plans for a fitness comeback.

“I am doing a morning boot camp class at the Health and Fitness Annex in my neighborhood twice a week at seven in the morning. It’s hard but amazing!” —Claudia Mata, Executive Jewelry and Accessories Editor

“I’m on a Frank Lipman cleanse and have signed up for Barry’s Bootcamp classes in addition to spin at David Barton Gym. I hate my life and love it simultaneously.” —William Kahn, Accessories Editor

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Frank Lipman cleanse

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