

RUNWAY

WINTER 2019 **WORLD** ISSUE 42

RUNWAYLIVE.COM

GROWING UP HOLLYWOOD

RONNI HAWK

exclusive
INTERVIEWS

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**REGENCY
RANCH**

**A
TOUCH
OF
WINTER**

WINTER 2019



KRISTA STRYKER



Photography By: Katana Triplett



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What are your favorite brands to wear? Do you have a go-to brand for when you have to dress up vs. when you are working out?

I've always been a huge Nike fan, and can usually be seen sporting at least one piece of Nike clothing or shoes. I love how the clothes and shoes are practical and made for athletes, while still being flattering and cute enough to wear when not working out. Puma, Under Armour, Reebok, and Fabletics are a few of my other favorite athletic and athleisure brands.

When I'm not working out, I steer towards simple, flattering clothes that I can still move in. I enjoy discovering new brands at local Los Angeles boutiques or on Revolve.com.

Tell us about your favorite shoes.

As an athlete and trainer, I need shoes that are practical and that I can walk in for miles or more every day. For workouts, I'm a huge fan of the Nike Free training shoes—they come in a ton of fun colors and are super lightweight yet still have some support. They are perfect for HIIT and cross-training workouts.

When I'm not actually working out, I adore the Nike platform Air Force 1's. They create a sporty look while still adding a little height, and I usually like to wear them with a pair of ripped skinny jeans and a loose crop tank.

Tell us about your workout technique.

12 Minute Athlete is a program of high intensity interval workouts that you can do with limited space, little or no equipment, and a very short amount of time. It's a super efficient, super effective approach to fitness.

One of our core beliefs is that 'everybody is an athlete'. You can adapt the workouts to start at any level and keep adjusting them as you progress. You can see incredible results from these workouts in a short amount of time, even if you don't think of yourself as athletic.

There are several different ways to access the workouts, including the 12 Minute Athlete iPhone and Android app, The 12 Minute Athlete book, as well as on my website 12minuteathlete.com.

What should someone not do when trying to get in shape?

One of the things that I've really seen hold people back when they're trying to get into shape is setting too broad of goals.

A lot of people start a regular workout routine because they want to lose weight, look better in a bikini, fit better in their clothes, or something fairly broad like that. The problem with these types of goals is they're not very measurable, and will often cause people to give up too soon because they feel like they're not making enough progress.

A much better long-term approach is to create specific, measurable goals—and actually keep track of your progress via some type of notebook or workout journal.

I also highly recommend creating at least a couple non-appearance related goals, such as to be able to do your first pull up, learn a new sport, do the splits, or compete in an obstacle race. Creating these types of skill, strength, or athletic goals is much more motivating long-term, and will help get you in the mindset of thinking and training like an athlete.

Do you have any pets?

Yes! I have a cat, Fishstick, and a dog, Rocket. Both have traveled the world with me. Rocket is even from Belgium, I got her as a puppy when I was living in Amsterdam. They're both great travelers and seem to like being nearby when I'm working out, although they've both learned not to be too close when I'm jumping rope.

What do you do for fun?

I love to be outdoors! My favorite things include biking along the beach, going hiking with my dog, Rocket, stand up paddle boarding with friends, and game-filled beach days.

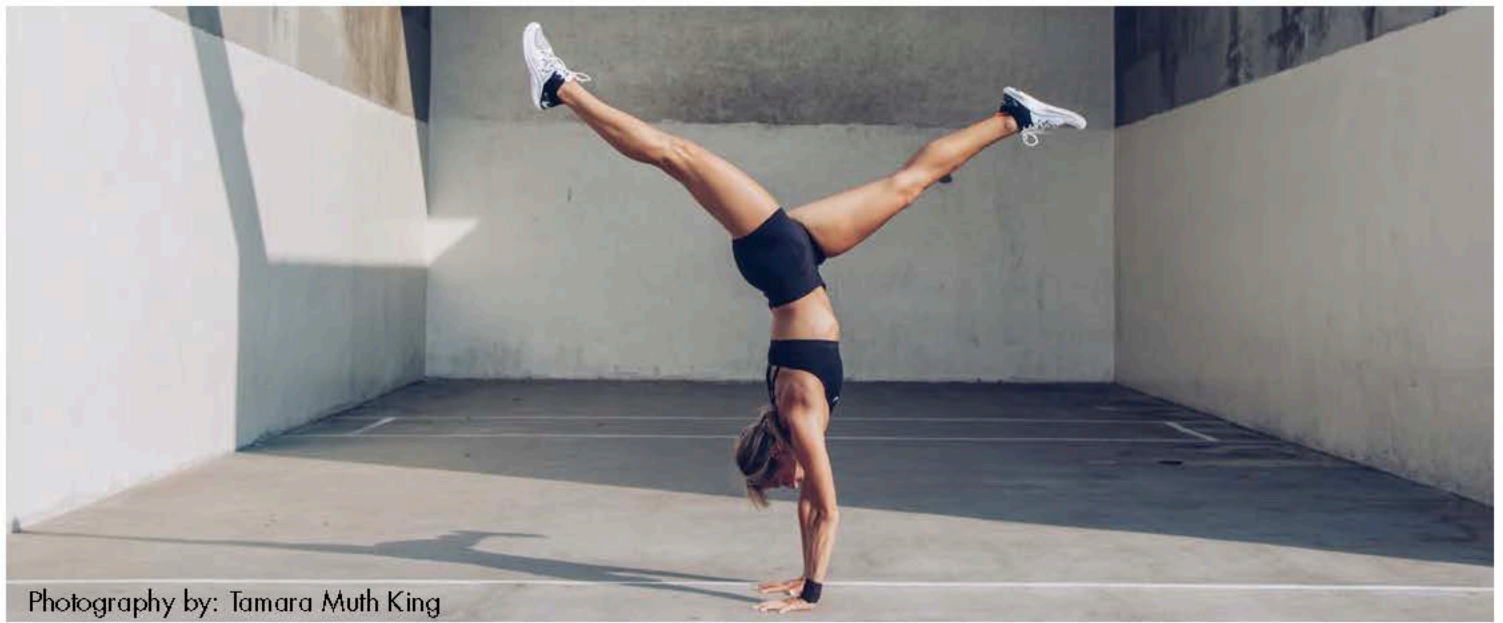
I also love to learn new things, and am always learning something new, whether it's something handstand-related, boxing, surfing, or paddle tennis (a game that's kind of like a mixture of tennis and ping pong played in Venice Beach where I live).

Tell us about your favorite foods.

Ever since I went to Thailand two years ago, I just can't get enough Thai food. My go-to dish is some type of vegetables, rice, and tofu. It's filling yet so flavorful, and I always feel great after I eat it.

For breakfast, I love to make steel cut oats topped with flax seeds, cinnamon, blueberries, and a little peanut butter stirred in.

I also have a huge sweet tooth and eat some form of dessert on a daily basis. Chocolate chip cookies and homemade berry pie are some of my favorite cheat treats!



Photography by: Tamara Muth King

What kind of music do you listen to when you work out?

I typically listen to some type electronic dance music when I'm working out, but really I just need anything with a good beat and good energy. Louis the Child, Zhu, and Calvin Harris are some of my favorites. I love the Discover Weekly option on Spotify to find new music...it creates a pre-made playlist each week based on your past listening preferences, and it's usually pretty spot on.

Do you have any favorite charities?

I actually used to intern for both Mercy Corps and Friends of the Earth International, so I'm a big fan of both. As a lifelong animal lover, World Wildlife Fund is also very close to my heart.

Tell us about the clothing in your closet.

I pretty much live in athleisure because of the comfort and practicality for my business and lifestyle. I'll often sport workout clothes and colored leggings even when I'm not actually working out. I'm lucky enough to live by the beach, so when I'm not in workout clothes, I pretty much live in a beach look of cutoff jean shorts and a lightweight crop top with sneakers. If I need to get a little dressed up, I'll steer towards light or bodycon dresses and low chunky heels or wedges. I prefer comfort and a classic look over anything too trendy or overly feminine.

What is next for you?

I'm always working on something new! Right now, I'm in the process of creating some new 30-day programs for the 12 Minute Athlete app, as well as putting together some in-person events later this year.

I'm also always creating new workouts and motivational content as well as posting on Instagram and social media, so if you ever need a workout idea, I've got you covered.

Where can fans find you on social media?

You can find me at @12minuteathlete on Instagram, Facebook, and Twitter. We also have a super supportive Facebook group community that's open to the public under the same name.



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