

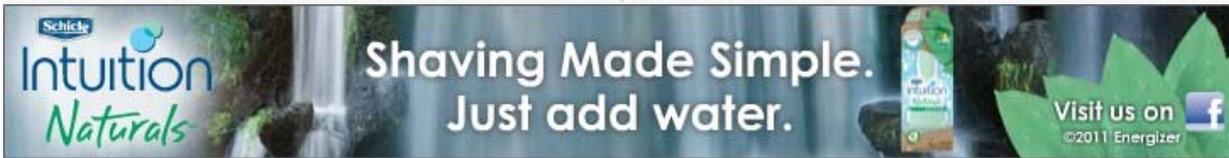
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# vital juice



THIRST for a HEALTHY LIFE

LOS ANGELES



Thursday, June 9, 2011

VITAL SPY

## Chudney Ross

A local celeb shares her healthy favorites.

**Chudney Ross** (yes, as in *that Ross*) has made her name as a writer, TV host, teacher, model and entrepreneur--and now, as founder of SaMo's new sweet spot, the kids' bookstore and café, **Books and Cookies**. Her top treats:



### Gobble this up.

"So maybe I'm a little biased, but **Books and Cookies** is the perfect place for a little healthy fun. I don't have kids (yet), so for me, Books and Cookies is also a great place to grab some lunch (awesome paninis and bagel sandwiches) and catch up on my favorite books from childhood."

2230 Main St., Santa Monica, (310) 362-3103, [MAP](#)



### Sneak a bite.

"Right now, I am loving **Pitfire Pizza in Culver City**. The bacon and potato pizza is my favorite, but my boyfriend loves the mac and cheese, which I love to sneak bites of while he is devouring his margarita pizza!"

12924 Washington Blvd., Culver City, (424) 835-4088, [MAP](#)



### Truck it on Tuesdays.

"**Tuesday nights, the parking lot behind the Victorian** fills with gourmet food trucks. I love to collect a sampling from the different trucks (which change each week). Cheesy tater-tots from the grilled cheese truck, shawarma from the Mediterranean truck, sliders from the slider truck."

2612 Main St., Santa Monica, [MAP](#)

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**Make it work.**

"I love **Circuit Works in Venice** because this quick one-hour workout leaves you sweaty, exhausted, but feeling great. A good workout really does the body (and the mind) good and this mix of cardio, weights, cardio, weights, truly does the trick!"

1410 Abbot Kinney Blvd., Venice, (310) 664-1017, [MAP](#)



**Smooth things out.**

"There are great Korean spas all over LA, but **Tikkun Spa** is an awesome option on the westside. I relax in the salt, mud and ice rooms before soaking in the hot spring...then get scrubbed and rubbed 'til the old me is washed away and a softer, smoother me is ready to face the world!"

1460 4th St., Santa Monica, (310) 319-1111, [MAP](#)

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