

THE
BEST
OF THE CITY

Health & Beauty



BODY CON
The results are real with John Benton's workouts.

**TRAINER TO WATCH:
JOHN BENTON**

Dallas-born **John Benton** knows a thing or two about fitness. Just ask Magdalene Groves, Victoria Monet, Katie Tull and the montage of models with whom he works. Benton has become the go-to fitness instructor for a host of Dallas and Oklahoma talent agencies, including Kim Dawson, Dragonfly, Campbell and Brink Model Management. Though models make up the bulk of his clientele, Benton trains many nonmodels as well at South Side on Lamar. People know that partnering with Benton means committing to results-driven workouts that carve long, lean muscles. His clients work through a cycle of challenging tailored circuits that target different muscle groups and burn prolific calories. Because Benton works outside of a corporate gym, he's able to offer his clientele better prices (\$75 per hour) and a stronger personal connection. "It lets me connect with my clients a lot more," he says of remaining independent. The other piece to Benton's puzzle is diet, which he admits is an active part of the dialogue and unique to every client. "The whole point of what I'm trying to do is to get them the body they want." As some of these clients go on to model with brands such as Nike and Nordstrom, there's no arguing that Benton's fitness formula is raising the bar. 1409 S. Lamar St., 214.542.3730

DALLAS LUXURY

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NUMBER CRUNCH

16

The ounces in one bottle of **Buda Juice**. This local business has one of the most expensive juice buys in the city (\$10 to \$12), but you get what you pay for. Every rainbow-hued, nutrient-dense juice is hand-squeezed in a cold-press, keeping heat and air out, and enzymes, vitamins and minerals in. The juices are then poured into custom glass bottles and sealed for a 100 percent raw and organic beverage that works to restore and refresh your health, one sip at a time. budajjuice.com

CLEANSE CONTROL
At Buda Juice you can try before you buy.



**Fitness Trend:
Plum Yoga**

Founded by Rose Fitzgerald and Charry Morris, the new **Plum Yoga** features separate studio spaces that focus on yoga and stretching (East), and gymnastics and fitness (West). Our favorite is the Rings and Things class in which fitness fanatics utilize gymnastics rings that bring major results. Clients come out stronger, toned and more flexible—and maybe a little sore—but from the look of it, it's worth it. 1924 Greenville Ave., 214.792.9918, plumyogadallas.com

RING THING

Hang out (or upside down) at Plum Yoga.

