

Mind, Body, Soul ... Sip, Snack, Squat



photo © Geoffrey Tischman

Georgina Bloomberg is a mother, athlete, and philanthropist on the go. Whether she's trying to keep up with her six-year-old son on their morning scooter commutes to his school in Manhattan, speaking up for voiceless rescue dogs in need, or traveling around the world to compete, she has her health, fitness, and wellness routine down to a science. Here are a few ways she stays healthy and grounded for mind, body, and soul.

1. MIND

I don't meditate by definition, but I believe strongly in having a few minutes every day when I can check out and be alone with my thoughts. Sometimes I just sit down with my dogs and give them some love, or go for a walk with them without my phone there to distract me. I also do a lot of thinking in the gym, and again, try to keep my phone in my bag so that I can focus on me, my thoughts, and working out. In the evenings when I just need a few minutes to myself, my favorite thing to do is turn on some music and shoot a few games of pool by myself. I have been playing since I was young and feel like I can just zone out and relax when I am in the middle of a game.

2. BODY

The horse show circuit follows the best weather in the country and the world, so Neutrogena's Ultra Sheer sunblock is my "must" every morning. It's the only sunblock I have tried that never runs into my eyes while I am riding and sweating, and doesn't leave me shiny.

3. SOUL

My son, Jasper, is my therapy. He is growing up so fast and at least once a day I try to put him on my lap, give him a big hug, and tell him how proud I am of him and how much I love him. Usually, he squirms away after a minute or two, but even those few moments make me happy and help cure anything bad that has happened that day.

4. SIP

I am a huge juice and smoothie drinker, so I love going to my local Juice Press or Juice Generation, and I always have bottled green or beet-based juices

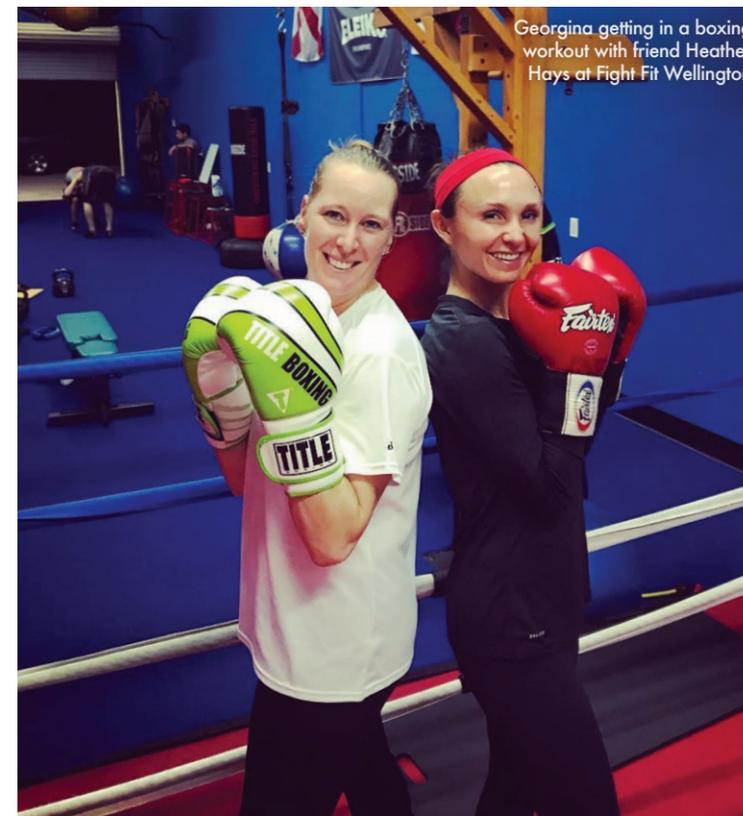
in my fridge to grab as I head out. I never drink alcohol the night before I compete, but on my days off I love to have Tito's vodka because they donate a portion of their proceeds to rescue dog organizations. Or, some South Beach Brewing Company beers, of course! I am a part-owner of the company, founded by one of my best friends Lorenzo Borghese, and it's a really great up-and-coming brewery with some very tasty beers.

5. SNACK

I cook a lot at home at the farm in North Salem. I'm a healthy eater who genuinely likes vegetables and fish, so that's usually my go-to when I'm in front of the stove. My son and I don't eat meat, so we do a lot of lentil or chickpea-based pastas and meat substitutes for protein. When I go out, I like to try different restaurants in my neighborhood in New York City, and love finding new places that I never knew about, since NYC has so much to offer.

6. SQUAT

I work out every single day when time allows. In Florida, I box, work out with a personal trainer, do Pilates, and try to get to the gym on my own any days that I have time. Back in New York, I do the gym as many days a week as I can and also do laps in the pool a few days a week. I love being in the gym and I'm one of those annoying people who genuinely loves working out. I do a good mix of cardio and strength training, and try to find exercises that will strengthen my core as much as possible. I struggled with back problems when I was younger, and I know how important it is to have a strong core when you are riding! **HS**



Georgina getting in a boxing workout with friend Heather Hays at Fight Fit Wellington



Georgina and son Jasper

