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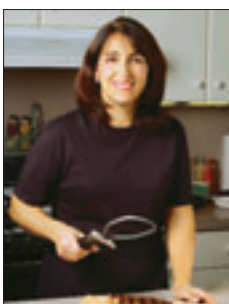
Master teacher **KATHY COREY** ("Help for Scoliosis," p. 76) began her Pilates career in 1979 and is the director of West Coast Pilates. She studied with and interviewed the original master teachers who worked with Joseph and Clara in their New York studio. The San Diego-based Corey teaches workshops worldwide and continues to be an active member and leader in the Pilates community. Her fifth book, *Total Core Fitness* (Barron's, 2006), blends Pilates and other fitness regimens.

Contributing editor **REGINA JOSEPH** ("The Brazilian Bikini Body Program," p. 84) is a journalist, media consultant and certified Pilates instructor. She first got involved with *capoeira* in 2003 and found it a perfect complement to Pilates for lower-body strengthening. She fused the two disciplines to form the workouts featured in her first book, *The Brazilian Bikini Body Program*, which will be out this spring from St. Martin's Press. Her studio, Super Pilates, is located in Manhattan's West Village (www.superpilates.com).



LISA JOHNSON (Pro Zone: "Who's the Boss?" p. 96) has a passion for Pilates and a head for business. She's been teaching Pilates since 1998 and received her full certification from Stott Pilates in 2000. The Harvard graduate and mother opened Studio Elle Pilates (www.lisajohnsonpilates.com) in Brookline, MA, in 1999 and has infused her Pilates repertoire with teachings from great instructors around the globe, working most recently with Elder Ron Fletcher.

Desserts have been near and dear to **KATHY KINGSLEY's** heart for two decades ("How Sweet It Is," p. 90). As the founder of Great Cakes Bakery in Westport, CT, Kathy created amazing cakes, including a 3-D replica of the Yale School of Drama. Her latest dessert venture is her fifth cookbook, *Chocolate Therapy* (Fairwinds 2006), featuring 100-plus recipes with tips on how chocolate can lift your spirits. Her recipes and food stories have appeared in such magazines as *Health*, *Cooking Light*, *Eating Well* and *Vegetarian Times*.



Food stylist **DIANE SIMONE VEZZA** ("How Sweet It Is," p. 90) has created visuals for magazines, ads, books, TV and film. She also has developed recipes for major magazines and food corporations and authored two cookbooks, *Passport on a Plate* and *The Perfect Potato*. The New Jersey-based mother of two has contributed to others' cookbooks, including *The South Beach Diet Cookbook*; *Morgan Freeman and Friends*; *Healthy Homestyle Cooking*; and *Fabulous Fat-Free Cooking*.