

# VANITY FAIR

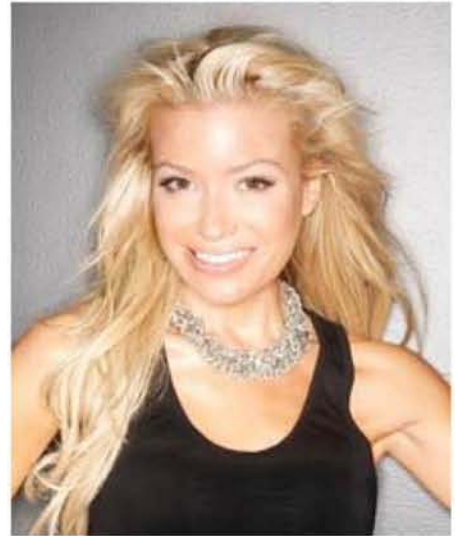
Hamptons Report

## Hamptons Essentials: Personal Trainer Tracy Anderson

by Nicole Berrie

July 2, 2010, 8:45 AM

When she's not jetting off to film sets to train the likes of Gwyneth Paltrow and Kate Hudson, or single-handedly whipping Gisele back to her pre-baby bod, fitness expert and author Tracy Anderson is busy running her New York City and Los Angeles studios. She's unveiling her third outpost this summer, in East Hampton, which opens to the public this weekend. VF Daily talks to the fitness guru about a few of her favorite Hamptons things.



### BEACH DAYS

**Town of residence:** Sag Harbor, year round. **How many years have you been coming to the Hamptons:** Four years. **Favorite thing about the Hamptons:** The commitment to a sustainable, non-commercialized way of living. I love its authenticity. I live here year round because I love the small community feel. **Favorite Hamptons Beach:** Georgica beach because that's where my son learned to surf. **Beach read:** *Tales from the Bed* by Jenifer Estess, the co-founder of Project A.L.S. **Song of the summer:** T.I. and Eminem's new albums! **Polo or Tennis:** Tennis because I can play it with my son. **Necessary Hamptons extravagance:** A sailboat. **Favorite Hamptons discovery:** The burritos at La Fondita. **Who inspires you:** Gwyneth Paltrow.

### BEACH HOUSE

**Cottage or compound:** Cottage if it's on the water. Compound if it's not. **Home decor style:** Crisp, clean, and white. I love to decorate with stacks of books and my son's fine art. **Car, Jitney or chopper:** Seaplane. **Bike or gas-guzzler:** I got in a terrible bike accident when I was younger and biking bulks your legs muscles, so I'm a fan of walking. **Florist:** Sag Harbor Florist. **Gift for the host:** Cookies from Levain Bakery, and I can always find a great, eco-friendly gift at Well Nest.

### BEACH FOOD

**Best coffee:** I don't drink coffee. **Best ice cream:** Ice Cream Club of Sag Harbor. **Roadside market:** Green Thumb Organic and Hayground Market. I'm always coming in from the city and those are right on the way to my house. **Favorite summer meal:** I love getting vegetables from the produce stands, grilling a piece of fish, and having a great glass of wine and a piece of berry pie. **Best Seafood:** The Seafood Shop in Amagansett. **Cocktail party or clambake:** Clambake as long as there's a bonfire on the beach involved. **Barbeque fare:** Beef brisket. **Neighborhood restaurant:** La Fondita. **Where to grab a post beach cocktail:** The bar at Tutto El Giorno. **Tableside wine:** Lucien Crochet Sancerre from Sokolin Wines. **Summer cocktail:** I only drink wine.

## BEACH CLOTHES

**Flip flops or Espadrilles:** Flip flops. I have every flip flop on the planet. **Jewelry:** Fruitsina Keehn. I am obsessed with all of her signature cuffs. They are beyond sexy. **Beach bag:** Tory Burch. **Neighborhood shop:** Urban Zen. **Favorite Beachwear:** A great bikini with white button down shirt. **Sunglasses:** Big Chanel shades or Tom Ford aviators. **Swimsuit:** Scoop in East Hampton has all of my favorites. **Workout Gear:** I don't think anyone has nailed workout gear. I get pieces from Fred Segal or American Apparel and cut them. **Sneakers:** Mizuno Wave Inspire. **Style Icon:** My mom. She has always worn large black glasses, clean bangs with a ponytail and ruby red lipstick. I love people who know themselves and are true to their style despite the continuum.

## BEACH BEAUTY

**Can't leave home without:** Hourglass Solar Tan Self-Tanning Primer and Bobbi Brown Shimmer Brick. **Shampoo:** Shu Uemura Muroto Volume shampoo and conditioner. **Summer scent:** Bobbi Brown Beach has been my signature scent for years. I never go anywhere without it, especially the beach. **Sunscreen:** Bobbi Brown Sunscreen. **After-sun ritual:** I mix the Body Shop's Brazil Nut Body Butter with vanilla oil and Bobbi Brown Beach perfume and slather it on. **Tan or fake-bake:** Both! **Beach blowouts:** I bring my own Marc Mena from the city. **Manicure:** Paul & Joe nail polish in Baby Doll. **Soulcycle or Bridgehampton Pilates:** I'm opening my own gym in the Hamptons so you can find me there!