

# inshape



## Ripping it up

Women's surfing has gone way beyond Gidget. Although surf stars such as three-time world champion Lisa Andersen are lighting up the pro circuit, the real action is on the beach.

Female surfers in the United States number more than 250,000, according to industry estimates. "In 1980, we didn't make a surf suit for women," says Celeste Berouty, national sales manager for Body Glove, a wet-suit and clothing manufacturer. "Now, we make three models." New smaller-sized boards are great for women, too. And there's a new magazine, *Wabine*, for women surfers.

[sports & exercise]

Kira Stillwell's sister taught her to surf two years ago. Now Stillwell, 33, an exercise physiologist, surfs every chance she gets, even when snows blanket the beaches of her native Narragansett, R.I. "It's like a religion and an addiction. When I get out in the water, everything else seems to go away."

Nancy Jean Travis, 48, a computer engineer in Berkeley, Calif., began surfing as a teen-ager. Her advice for novices? "Be willing to look a little silly. Enjoy the wipeouts, comedy and camaraderie." —Rob Cummings

## Recovery zone

Serious illness spurs re-evaluation. In a survey of 90 patients three months after they'd suffered a heart attack or completed radiation treatment for