Time Out New York
Well & good
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ANNUAL FITNESS ISSUE

NEED A GYM?

Get Healthy and Energized with Molly

Picking up a slice of pizza may be easy on the wallet, but it's not easy on the waistline. In an hour and 15 minutes, Molly Lee, certified holistic-health and nutrition counselor, will design a personalized nutrition program catered to your New York lifestyle. She'll even give you a head, neck and shoulder massage while the two of you examine your health history. *25 E 10th St between Broadway and University Pl, suite 1D (347-268-9289). Subway: L, N, Q, R, W, 4, 5, 6 to 14th St–Union Sq. By appointment only. Ongoing.*