

SELF

**KERRY
WASHINGTON**

**BODY, BABY,
KICKASS CAREER:
"IT'S HANDLED"**

**LET'S
DO
THIS!**

TODAY IS YOUR DAY

**281
WAYS
TO LIVE
HAPPY &
STRONG**

TURBO-SCULPT

**THE ONLY
6 MOVES
YOU NEED**
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SELF MADE

TURN IT AROUND

→ *The newly minted CEO of the Livestrong Foundation, Chandini Portteus, reveals how to handle a work crisis and come out even stronger.* BY LISA HANEY

On her first day at the Livestrong Foundation last April, Chandini Portteus finalized a \$50 million partnership to build a cancer institute at a new medical school. It's a satisfying twist for someone who didn't get into medical school herself. "Getting rejected felt like an epic failure for a long time," she says. "But without that, I would have never gone the public health route and fallen in love with it." Portteus's next task is repairing the reputation of the once-thriving cancer nonprofit, which lost major cred after the Lance Armstrong cheating scandal. But the 36-year-old isn't daunted—in her former job at Susan G. Komen, she helped navigate a crisis when funding to Planned Parenthood was (briefly) pulled. Here, she shares how to steer through a storm.



CHALLENGES HELP YOU GROW

"As a leader in a crisis, there's no time to plan—you have to trust your judgment and your team. Guide smart decision making based on your past successes. Livestrong needs new partnerships, so I'm working on rallying fresh audiences around our mission. Perseverance is key."

\$18

AMOUNT OF MONEY MY FAMILY HAD WHEN WE MOVED FROM INDIA TO THE UNITED STATES

"It taught me a strong work ethic and the importance of financial health. All women should be confident discussing money."



12 PEOPLE

THE IDEAL CROWD FOR BRAINSTORMING

"Some of the best idea generation happens in unexpected places. When work is stressing you out, cooking dinner for a diverse group of a dozen or so can shake things up. Socializing is fun, of course, but it also helps you think creatively and build connections."



THINK BIG

"Life of Pi touts the power of perspective, which makes you a better boss and colleague."



DEVOTE TIME TO BODY AND MIND

"You need breaks from the phone when you can turn off all the noise and challenge yourself physically. In high school I played some soccer, but I was more of a mathlete with a personality. Now I do a lot of yoga and pilates."

SPORTS BRA \$32; Adidas.com

7

THE NUMBER OF CALENDARS I JUGGLE DAILY

"Work, social, my husband's, our four kids'—it's all sports practice, meetings, date nights. Even if I'm overscheduled, I try to enjoy what's happening now."



WYNN MYERS: STYLING; LAUREN SMITH: FORD; HAIR AND MAKEUP: AVERY ALLEN; STILL LIVES: CLOCKWISE FROM LEFT: GETTY IMAGES; BOOK COVER: COURTESY OF MARINER BOOKS; BOOK: GETTY IMAGES; GETTY IMAGES; ISTOCK; STUART TYSON.