

A LOOK BACK! The Weirdest Moments of 2010

Orange Coast

261
Physicians

53
Specialties

12
GREAT
RESTAURANT
TABLES
Ask for Them
by Number!
P. 70

TOP DOCTORS

Is Yours on the List?



**Kudos for
Raya at
Ritz-Carlton**

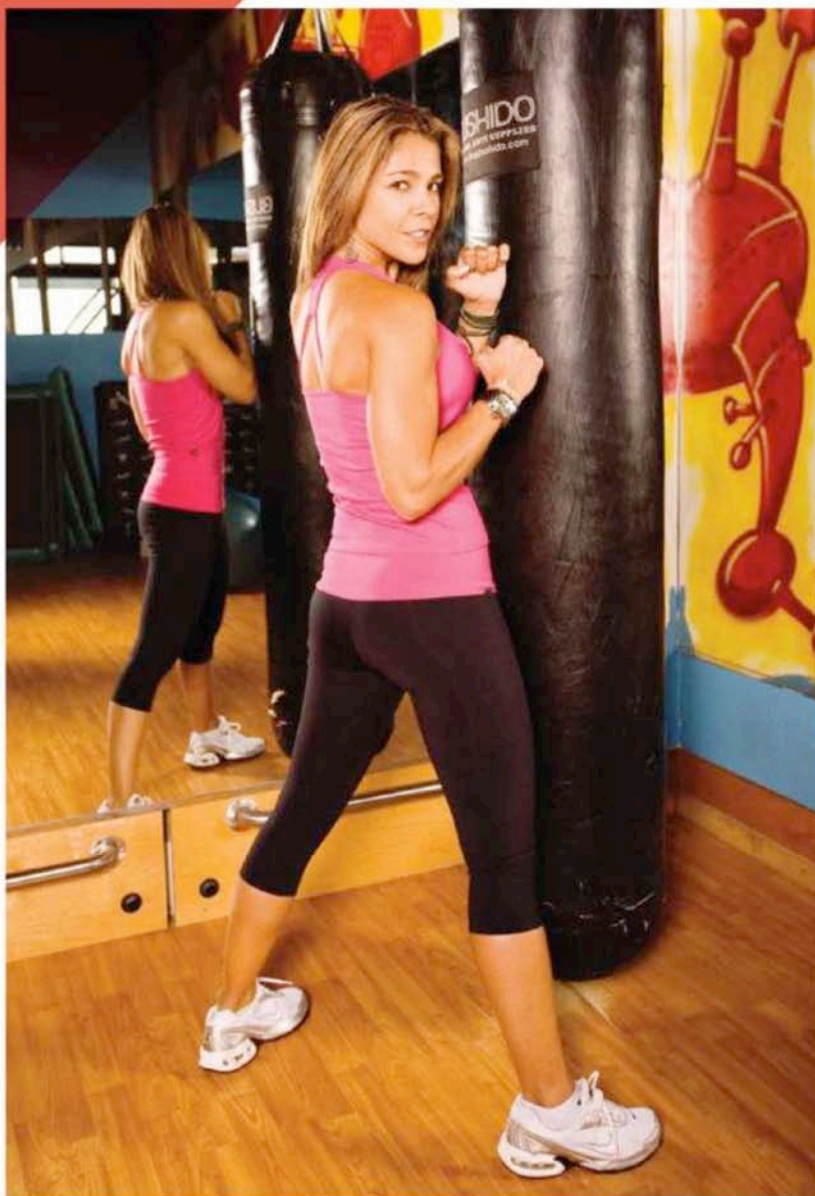
**Meet the New
'Housewife'**

**Anaheim's
Little Arabia**

Surgeon
Kim Charney
might look
familiar. Find out
why on Page 90.

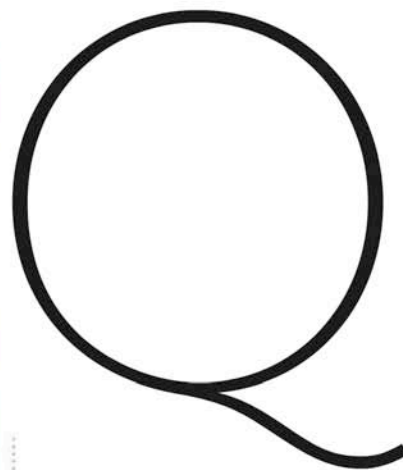
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Fit & It

SHE BREEZES INTO THE ROOM with all of her worldly charm. “Oy, Love,” she says, blowing two kisses my way, and I wonder if she’s ever met a stranger. She’s full of life, a natural beauty, fit, toned, and tanned. If you don’t know Fernanda Rocha, you will. This 33-year-old from Laguna Beach is the new cast member of “The Real Housewives of Orange County,” which begins Season 6 this month. She’s also the It Fit Girl around town—co-owner of Laguna Art of Fitness & Spa, creator of something called Brazilian Booty, and the designer of a sexy line of workout apparel. The Brazilian ex-pat just signed a major TV infomercial deal on fitness, became a U.S. citizen, and really, who knows what else?—*Debbie Lavdas*



Are you one of those lucky people that great things just happen to?

I do have a lot of my friends say to me, “I’ve never seen anyone with that amount of luck!” I feel pretty blessed; I don’t believe in luck.

Why O.C. from far-away Brazil?

I decided I wanted to try something new, and learn marketing so I could open my own gym—back in Brazil. I took business at UCLA, and, when I was teaching in L.A., I met my now ex-husband who lived in Laguna Beach, so I moved here to be with him.

You’re now a U.S. citizen?

I am! It’s such a huge accomplishment. I’m proud of myself, because it’s not an easy process. It took about six years.

“The Real Housewives.” Dish.

Uh ... I can say it’s a different experience for me. Sometimes it can be very challenging and other times dramatic.

... It’s just kind of a roller-coaster experience. I’m learning about different people, different scenarios. But Bravo doesn’t want me to talk about it.

You’re on “Housewives”—yet you’re not married, no kids ... and gay?

Yes. I was married for several years. And recently, I went through my second major breakup, with my girlfriend, which I consider a marriage as well, so I am single now. No kids—yet. And yes, I am gay. I’m a happy girl. I’m just Fernanda.

Ready for the confrontation?

There are people who are not comfortable with this lifestyle, so if they come to me and question or judge, I am

ready to have a nice conversation. I'm very comfortable with who I am.
Is it strange to have so much buzz about you?

It hasn't clicked yet. You know when you're not believing what's about to happen? I've just been very thankful and just enjoying the ride.

Tell us about your Art of Fitness & Spa.

I co-own the place. It's an oceanfront location so you can do your cardio while looking out at Catalina Island. We have boxing, spinning, the Brazilian Booty workout, which has to do with mostly the lower body, personal training, and now the spa.

Describe your Jiinga Brasil line.

Jiinga is a Brazilian expression of movement and positive attitude; it's what moves you. So it's a fun collection designed to help you move freely. There are capris, pants, tops, and bra tops. It's sexy, functional, and the material is amazing.

Your personal style?

I don't follow trends. I like high-end boutiques, such as Anastasia in Laguna Beach. I love the European designs. G. Marie is very cool. Laguna Supply—I just got something there for the show.

Your favorite designers?

I love Prada sunglasses, Chanel watches, and Michael Kors bags. Manolo Blahnik boots are incredible.

If you had to pick someone with great personal style, who?

Angelina Jolie. She's very pretty, a sexy brunette. I like her best in jeans, tanks—a cool look versus Oscar style.

Best music to work out to?

I like Lady Gaga lately. I'm always joking around singing: "Don't call my name, Alejandro, I'm not your babe, Fernanda [instead of Fernando]." People laugh.

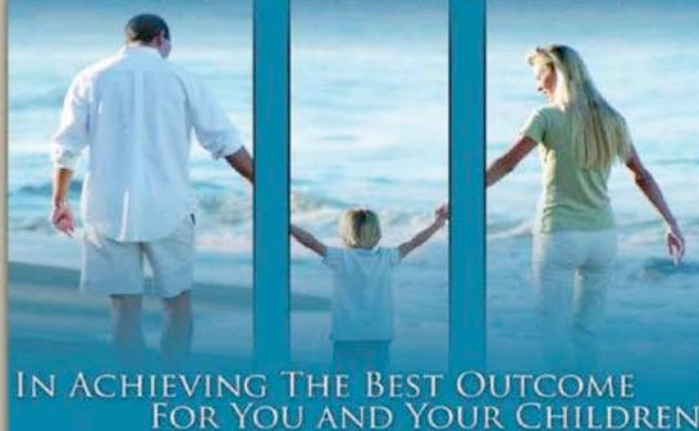
Where will we find you a year from now?

I hope at the beach, with a bambino, not answering phones, no computers in front of me, and hopefully in love. With my new freedom, you never know what may come next.

DEBBIE LAVDAS is a freelance writer whose last contribution to Orange Coast was for the "Best of 2010" story in July.

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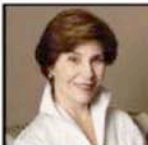


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