

## creative genius

FROM INTERIOR DESIGNERS TO AUTO DESIGNERS, GRAPHIC ARTISTS TO GAMING ARTISTS - MEET THE TALENT WHOSE IDEAS AND INGENUITY HAVE MADE O.C. A HUB FOR CREATIVITY



**5 key steps** to reviving the region's new-home industry

### EXECUTIVE HEALTH:

What you need to know to avoid burnout

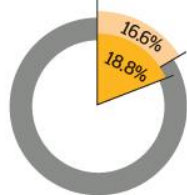
Plus... OC METRO's essential guide to event planning and catering

# Business

# 25

The estimated number of trees saved by Irvine-based Earthpack in 2007, due to its paper-saving initiatives  
Sources: Earthpack and tinyurl.com/7bxy9e

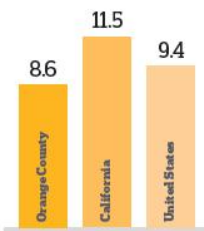
### STATS



16.6%, 18.8%  
Orange County's **CURRENT OVERALL OFFICE VACANCY** and 2008 year-end overall office vacancy, respectively  
Source: Cushman & Wakefield

**15** The number of O.C.-based companies that made Inc. magazine's 2009 list of the **500 FASTEST-GROWING COMPANIES** in the U.S.

**13,416.4%**  
The growth rate of No. 2-ranked **NATIONAL RETIREMENT PARTNERS**, of San Juan Capistrano  
Source: Inc. 500



**THE CURRENT UNEMPLOYMENT PERCENTAGES** in Orange County, California and the United States, respectively  
Sources: Cushman & Wakefield, U.S. Bureau of Labor Statistics

## Go deep

**Irvine's Power Plate is a revolutionary health and fitness system.**  
by Michelle Slieff



**What's hot this month?** It's your bod after a few workouts with Power Plate technology. The company, which relocated its corporate offices to Irvine last year, utilizes advanced vibration technology that targets your muscles and provides a better workout than your old elliptical machine. And you can easily squeeze a session into your executive lunch hour.

Celebrities such as Madonna and Courteney Cox have been known to use Power Plate to help them get their red-carpet figures.

While using Power Plate's advanced vibration technology, you can tone, tighten and rid yourself of that troublesome belly fat. It also increases flexibility and strength. Set on the higher speeds, a Power Plate workout can target 95 percent of muscle fibers, compared to the 30 to 50 percent targeted during regular training, stabilization on a moving platform or deep-tissue massage.

Power Plate retailers can be found

throughout Orange County, and a Brentwood studio offers classes and consultations.

Models for personal use start with the my3, the sleekest design. The pros AIRdaptive model, which has an extra load-bearing capacity of 100 pounds, is used by physical therapists and sports medicine professionals. Or just look for one at a gym, health center or studio near you. For more information on pricing, models and retailer locations, go to [powerplate.com](http://powerplate.com).