



FIT LETTER

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Want to Lose Weight? Let Wellness Works Show You the Way.

It's inevitable, it affects every one of us, and it never comes at a time of our choosing. It's middle age, and for the average American it's a time when we become a bit too comfortable in our lives, our activity level drops off, and we start adding a few pounds to our mid section.



"My father-in-law told me that whatever you weigh at age forty, that's pretty much the weight you're going to be for the rest of your life," says Stoneham's Andy Kawa, who was determined not to have that happen to him. Encouraged by his wife Jill, who purchased him Wellness Works fitness sessions for his birthday, Kawa went on a four-month campaign to shed the extra pounds. Under the direction of Wellness Works owner Karen Ghiron, he successfully made a number of lifestyle changes including modifying his diet and adopting a regimen of treadmill exercises three times a week.

Ghiron encouraged Kawa to cut his meal portions in half. Whenever he felt hungry, he would take in one of the healthy snacks that she recommended. "I really started looking at my portion sizes," says Kawa. "For example, rather than just fill a bowl with cereal in the morning, I actually measured out the serving size that's specified on the box. It just made me a lot more aware of not only what I was eating, but also how much."

With regards to exercising, Kawa reports that he had tried using a treadmill on his own, but was just never able to stick with it. "I'd set the treadmill for five miles per hour and start running, but then my mind would wander. I'd be thinking about work, or maybe the errands that I had to get done. I wasn't focusing on the workout — Karen Ghiron helped me a lot with that." What Ghiron did was add variety to Kawa's treadmill program, altering the speed and elevation at random to keep him sharp. "She'd be standing by the treadmill and giving me a head's up that she was about to increase the speed to eight miles per hour for a couple of minutes. That meant I had to really concentrate on my breathing, that I had to focus."

"Seeing the weight come off of me a pound or two at a time was what really got me excited," relates Kawa. In fact, he put together a spreadsheet that tracked how long he was on the treadmill each week, how fast he ran, and at what elevation. "It was important for me to have milestones, and to see the progress that I was making. There were some weeks when I couldn't wait to get off the treadmill to enter my times into the spreadsheet."

An IT manager at a downtown Boston law firm, Kawa recently celebrated his 38th birthday as a much leaner person — today, he's some 30 pounds lighter. "I didn't have to go on some radical, low carbohydrate or high protein diet," he concludes. "I feel so much better, and I know these lifestyle changes are something that I can stick with."

Wellness Works helped Andy Kawa to reach his weight and fitness goals, and they can help you too!

Ball Exercises: Are They in Your Future?

Perhaps you've seen people at the health club working out with an exercise ball and been wondering what it's all about? The answer is it's all about fitness. There is a whole cadre of ball exercises that have been developed for men and women alike. Ball exercises are a nice, easy way for people to begin working on their fitness, and they're great for people who have lower back pain. Wrapping oneself around the ball helps you to stretch out your lower back. The exercise ball is a fun, low impact addition to anyone's fitness program, so be sure to ask your health club or fitness coach about it. Or better yet, give Wellness Works a call and we can hook you up with one of our next exercise ball classes.



A Word about Hyponatremia for Boston Marathon Runners

Planning to run in the Boston Marathon on Patriot's Day? It's a wonderful event, but be sure that you're aware of the physical demands that running 26 miles in one day can put on your body. One of them is a dangerous medical condition called "Hyponatremia" or sodium deficiency. It often plagues runners who lose a lot of salt through perspiration, and who drink lots and lots of water. That combination — too little salt and too much water — can lead to the symptoms of hyponatremia, which are feeling "out of it" or intoxicated.

Hyponatremia is a serious condition that, if not properly treated, can lead to death. In fact, Boston Marathon participant Cynthia Lucero died of this condition in 2001. So how do you avoid it? Consume drinks that are rich in electrolytes such as Gatorade, Excel, or PowerAde — drinks that replenish the sodium and potassium that are lost during an extreme physical undertaking such as a marathon. You may want to carry salt tablets with you if you have an aversion to those drinks, or have a friend meet you at mile markers with pretzels, potato chips, or chicken broth. As a last resort, fluids rich in electrolytes can be administered intravenously. Good luck to all runners in this year's Boston Marathon. Stay healthy, and be aware of the symptoms of hyponatremia!

Corporate Wellness Showcased at Logan Airport



More and more corporations and organizations are recognizing the importance of keeping their employees healthy and fit. Perhaps that's why Wellness Works, Inc. made several recent trips to Logan Airport in recent months. In January, Wellness Works participated in yet another "Wellness Week" for employees of American and United Airlines. Some 200 workers stopped by the Wellness Works booth for a free body fat analysis, and to try their hand at the exercise ball and the balance board. In February, Wellness Works presented Massport fire and rescue personnel with informative presentations about wellness, fitness, and diet. In both instances, Wellness Works was coaching people who have

extraordinarily demanding, highly stressful jobs. If your company or organization is interested in offering some type of corporate wellness program to its employees, contact Wellness Works owner Karen Ghiron to explore the possibilities. Karen can be reached at 617-965-6585 or Karen@wellnessworksinc.com.



Wellness Works in Action!

Above: Wellness Works Owner Karen Ghiron shows nutritionist Kim Minogue how to use the balance board.

Far right: Wellness Works staffer Rozanne Puleo conducts a body fat analysis.

Near right: an airline employee tries the exercise ball.

My Personal Odyssey into Fitness Training – Part II

By Jim Panagas



I'm writing these installments to give people a first-hand account of what it's like to work with a fitness trainer for the very first time. I'm now six months into my program with Wellness Works owner Karen Ghiron, and I must confess that I am feeling much better about myself physically. My clothes are loosening up. I have much greater control over my appetite – I'm snacking on healthier foods such as yogurt, bananas, hard-boiled eggs, and almonds.

And I no longer feel the urge to eat an entire bag of potato chips late at night. Thanks to my new awareness of the "full factor," I don't gorge myself when I get out to eat. Rather, I recognize when I'm full and take the rest of my meal home with me, using it for lunch the next day. My Pilates exercises are making me more flexible, my weight training is building up my arms and legs, and I'm now splitting my time on the treadmill between fast walking and running. My goal is to be able to jog for 20-30 minutes nonstop once it's warm enough to move outside.

I'd be lying if I said the past six months have been easy. There have been plenty of days when I just don't feel like working out. Or worse yet, when my job encroaches on the rest of my life and I literally don't have time to work out. I've had to make some adjustments, such as working out at 10 or 11 o'clock at night when necessary. But so far, I have been able to get in three workout sessions per week, almost without exception. Surprisingly, I don't ache from my workouts either. Now that my body has gotten used to doing them, I feel okay in the morning.

If I can do this with the busy schedule that I have, then anybody can. Stay tuned for my next installment – as I make my first serious attempt at jogging outdoors!

Pilates: What is it, and Why do you Need it?

You can't visit a health club, turn on the TV, or browse a bookstore these days without seeing the word "Pilates" bandied about. So what is Pilates and why all the fuss about it? Pilates is a family of exercises that emphasizes the mind/body connection and targets the core – that mid section of the body where men and women alike tend to store extra weight. It's also one of the first areas where we tend to lose flexibility as we age. With Pilates training, you can regain a great deal of strength and flexibility, whether it's from being out of shape, or you're recovering from an injury. Best of all, you'll feel great doing it!

Pilates is a series of exercises that you can do anytime, anywhere – even while traveling on business. All you need is a padded exercise mat and, if you're close to home, an exercise ball. You can begin to learn a variety of Pilates moves by visiting the Pilates section of our website at www.wellnessworksinc.com. Or better yet, come and try one of our Pilates classes sometime soon. Wellness Works owner Karen Ghiron teaches Pilates at a number of Boston area locations including the Karma Yoga Studio (www.karmayogastudio.com) in Cambridge, the Body Access Pilates Fitness Center (www.bodyaccess.com) in Arlington, and the Watertown Adult Education Center in Watertown.

Put Pilates in your future by calling Wellness Works, Inc. today!



What Kind of Equipment Do I Need to Work Out at Home?

Perhaps you don't have the time or the inclination to make it to the gym or the health club several days a week, so you'd prefer to work out at home. Lots of our clients, in fact, do just that. So what type of equipment do you need at home in order to get into better shape and stay that way? Here's a short list of what we recommend – and why:

- ◆ **Padded exercise mat** for doing stretches, Pilates, and other floor exercises
- ◆ **Exercise bench** so that you can target weight training on different parts of your body
- ◆ **Olympic curling bar** (looks like a traditional barbell, except that it has curves and bends in it) and free weights (we recommend 5, 10, 12, and 15 lbs.) for building arm, leg, and upper body strength
- ◆ **Exercise ball** for working on your core and improving your flexibility
- ◆ **Treadmill, elliptical machine, or bicycle rollers** for improving your breathing, lung capacity, and cardiovascular health

These items are relatively inexpensive, with the exception of the treadmill and elliptical machine, which can cost several hundred dollars each. All of this exercise equipment is readily available on the web at www.performbetter.com, and at a number of local sporting goods stores such as City Sports, Gym Source, and Omni fitness.

If you're planning on purchasing exercise equipment, the most important aspect is not the purchase itself, but in committing yourself to using the equipment several times a week. If you're having trouble getting or staying motivated, give us a call at Wellness Works and we'll design a program that works for you.

Give the Gift of Fitness!

Searching for a unique gift to give someone? Something that will last them a lifetime? Consider giving the gift of fitness, or more specifically, a gift certificate from Wellness Works, Inc. They are available in any denomination, and can be used towards the purchase of fitness training sessions, telephone coaching, or e-Coaching with Owner Karen Ghiron or any other trainer on her staff:



Dan Fitzgerald ★ Mark Hipona ★ Shannon Rourke ★ Rozanne Puleo

Wellness Works gift certificates are a thoughtful and meaningful gift for family members, friends, and colleagues. And for corporations, they are a great way to say "thank you" to outstanding employees. To place your order, contact Wellness Works at 617-965-6585.

About This Newsletter

Wellness Works FitLetter is published by Wellness Works, Inc., a business that has been providing personal fitness training to individuals and wellness programs to corporations since 1993.

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