The Contest 2012

SUMMER 2012

Fantastic Four

Fitness Incentive

157 Deer Park Avenue, Babylon NY 11702 www.fitnessincentive.com e-mail: fit@fitnessincentive.com

Volume 21 Number 2

Summer 2012

To Print

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Summer 2012 FIT to Print
It’s Summer: Feel the Burn!

The Contest is over, and it’s time to celebrate the winners. But before we do that, let’s take a moment to congratulate everyone who participated. It’s a cliche, but still true, that everyone in this event is a winner. The evidence? Well, just look at them! Cumulatively, the 164 contestants in this year’s Fantastic Four lost over 2000 pounds - that’s a ton! Their average fitness level went from just under the 45th percentile to just under the 63rd percentile - nearly a 20 point increase. They also took home a record $16,400 in prizes! As a group, they truly are “Fit 4 Summer” and ready to roll.

There’s a lot about the contest in this issue - interviews with the winning teams and their trainers start in the centerfold - as well as on our website. But to summarize, here are the top finishers and their prizes:

**Most Improved**

**First Place**
Trained by: Amy Llinas-Lynch
Stephanie Cella, Gloriann Cozier, Cassandra Mercurio, Jackie Pappas
Prize: $4000

**Second Place**
Trained by: Eileen Jacinth
Jeanine Candelora, Tiffany Field, Eva Marie Kehoe, Toni Marie Silverman
Prize: $2400

**Third Place** - Tie
Trained by: Eileen Jacinth
Stacey Behrens, Don Hoffman, Dennis Kelly, Megan Kelly
Prize: $800

**Most Improved Individual**
Trained by: Eileen Jacinth
Janine Candelora
Prize: $800

**Fittest**

**First Place**
Trained by: Eileen Jacinth
Ellen Birch, Lisa Calderaro, Christine Ippolito, Lisa Weisse
Prize: $4000

**Second Place**
Trained by: Eileen Jacinth
Frank Calvet, Jose Calvet,
Pedro Calvet, Mike Milano
Prize: $2400

**Third Place**
Trained by: Patty Zebersky
Jean Coolbaugh, Gigi Kaliski
Cheryl Rooney, Kathleen Durante
Prize: $1600

**Fittest Individual**
Trained by: Eileen Jacinth
Christine Ippolito
(You can see the complete standings on our website, fitnessincentive.com)

Get With The Programs...

It’s become something of a tradition for us to roll out new programs during the summer months, several of which take place outdoors. Last year we introduced Power X and Hard H.I.I.T, both of which are back again this year (see article on page 9). This year is no exception. Two new and unique programs are coming to FI.

**Iron & Yoga**
One is called Iron & Yoga. Iron and yoga is both a program and a new approach to personal training that takes the best of weight training and yoga and synthesizes them into something completely new and exciting. This program is an FI exclusive, and is brought to you by our newest personal trainer, Jessica Roberts. See her article on page 7.

**Crossfire**

The other program is called Crossfire, and was developed by two of our most popular personal trainers, Chris Hartigan and Chris Moran. Crossfire is their answer to the crossfit craze. It uses a 7-7-7 approach: 7 exercises (handstand pushups, thrusters, deadlifts, pull ups, burpees, kettlebell swings and weighted tricep dips) for 7 reps each and 7 rounds each - all against the clock. It’s a fast paced hour designed to build lean muscle through heavy resistance training as well as increase cardiovascular endurance through boot camp style drills. Best of all, the class takes place in the fresh summer air under the carport (Now you know what those new chin up bars are for!).

The 8 week program is $35 per hour class, or $245 for 8 classes. Free demos are underway right now, and if you’re looking for a new challenge this summer you should sign up right away - spots are limited. Call 631-587-5766 or stop by the desk today.

The Best Ab Machine Ever

Just off the boat and straight from Italy comes our newest and most unusual looking machine - the plate loaded EXT 3 abdominal. This machine directly targets the abdominals while preventing you from using your neck and head to “cheat” on the movement. The result is the most purely targeted ab experience you will ever have. Try it once and it will become part of your regular workout routine.

New Faces in the Crowd...

We have been busy adding staff in both the Gym and in the Spa. Each of these folks brings something something new continued on page 31
From Cutting Edge to You
Technologies Transform the Spa Experience

I'm sure most of us are familiar with they're all-natural and organic.

are like "Botox in a bottle" - except in my opinion, the eye serum and firming fluid weeks of using them. I dare say, in my experience and I feel so good about it because it's all-natural and organic.

Retinol, or Vitamin A and have used it topically as it truly gives visible results. However, for many of us, those results are coupled with some uncomfortable side effects such as photosensitivity, redness, or drying and flaking of the skin. Eminence has discovered a natural alternative to retinol through cutting edge science that gives us the same results without the side effects. Retinol is a form of vitamin A that is artificially produced in a lab. The Natural Retinol Alternative Complex mimics the effect of Retinol for brightness, softness, and a dramatic increase in collagen - but without the uncomfortable side-effects sometimes associated with it. In fact, studies have shown that the new natural complex is actually more effective than the original. After 6 days of use, collagen levels increase by 25% compared to 17% from retinol. This natural solution uses oligosaccharides from chicory root and tara tree that benefit the epidermal and dermal metabolism. This combination creates an immediate, superficial tightening effect visible in as little as 5 minutes and a long term benefit of cell regeneration. The Swiss Green Apple Stem Cells are the latest breakthrough in anti-aging skin care. The Uttwiler apple from Switzerland is packed with proteins and phytonutrients that aid in cell longevity and vitality. Our skin is dependent on stem cells as they retain the capacity to divide and produce new tissues. By infusing the stem cell technology into these products we are able to supply our skin with the vital ingredients that combat the aging of our skin. This actually increases elasticity and firmness from the outside in. 100% of the people in the clinical studies saw a dramatic and visible decrease in wrinkle depth.

With as few as six to eight IPL treatments you will be virtually hair free in your targeted treatment area.

Introducing...
Eminences Age Corrective Collection

I started using the collection almost a month ago now and I am so excited with the results I am experiencing. While many products boast phenomenal results these products actually deliver, with results that you will see within the first weeks of using them. I dare say, in my opinion, the eye serum and firming fluid are like "Botox in a bottle" - except they're all-natural and organic. I'm sure most of us are familiar with

Eminence Spa is excited to announce the arrival of the age corrective collection by Eminence. This highly anticipated line is on the cutting edge of skin care technology and provides virtually instant results and lasting beauty. The age corrective collection has two new revolutionary, clinically-proven age correcting ingredients: Natural Retinol Alternative Complex and PhytoCellTec Swiss Green Apple Stem Cells. The Natural Retinol Alternative Complex gives the skin an immediate tightening and lifting effect. It also increases collagen levels and smooths fine lines. PhytoCellTec Swiss Green Apple Stem Cells are the most amazing and advanced ingredient in skin care today. The stem cells regenerate and replenish collagen and soften crow's feet and wrinkles.

I am truly amazed with the results I am experiencing and I feel so good about it because it's all-natural and organic.

Finish with the Coconut age corrective moisturizer. Your skin will feel deeply moisturized and visibly firmed. Treat your entire body with the Coconut firming body lotion, a full body anti-aging lotion with the replenishing power of plant-based hyaluronic acid.

Please visit us at the spa anytime to try this amazing new collection, or schedule an age corrective facial. You can relax and slip away to a tropical oasis while your skin is treated to the most advanced science in skin care. This month we are also offering free LED light therapy with your age corrective facial. LED by LightStim is light therapy that reduces and eliminates fine lines and wrinkles, stimulates collagen production and elastin. This is the perfect marriage of products and science to restore your skin’s youthful radiance and appearance.

IPL Hair Removal Services Are Here!
The wait is over - we now offer IPL

continued on page 29
Lean & Clean Pork

The “Other White Meat” Comes To The Table

Eating clean can sometimes narrow your food choices, particularly when it comes to protein. No matter how inventive you get with it, there’s only so much chicken breast a person can eat. Even if you alternate between fish and chicken, that’s just two proteins, and they have a tough time covering 21 meals (or more) a week. That’s where pork enters the conversation.

Growing up in the 1960’s and 70’s, I have to admit that pork was never a favorite of mine. My Mom was a good cook, but also a careful one with a natural inclination to prepare meat well-done. When it came to pork, the trichinosis scare of that era echoed strongly in her kitchen. Pork chops weren’t just cooked, they were cooked until every last trichinella spiralis was not just dead, but ashes. The resulting chop wasn’t just cooked, they were cooked until every last trichinella spiralis was not just dead, but ashes. The resulting chop was safe to eat, but about as appealing as a dried boot. Needless to say, when I left home, I left pork behind. Until recently, that is, when I rediscovered it, albeit in a different cut - the pork tenderloin.

For those of you not familiar with it, pork tenderloin is essentially the filet mignon of pork. It’s very lean - leaner, in fact, than chicken - as well as very tender and flavorful. It’s easy to prepare, and is another great source of lean protein that you should consider.

Pork Tenderloin is very lean - leaner, in fact, than chicken - as well as very tender and flavorful. It’s easy to prepare, and is another great source of lean protein that you should consider.

So enjoy! And remember, you can also watch Cor herself prepare these recipes on our YouTube channel: http://www.youtube.com/Fit157dpa Just select the “Cookin with Cor” pork tenderloin and kale episode.

Or this link: http://youtube.be/wrpM1XGkXic

COR’S RECIPES:

Sautéed Kale

Ingredients
2 10 ounce bags of fresh kale
3 cloves fresh garlic, sliced
2 tablespoons olive oil
2 cups chicken or vegetable stock
Hot pepper flakes (optional)
Black pepper
Sea salt

Directions
In a large pot sauté 3 sliced garlic cloves in 2 tablespoons of olive oil, being careful not to brown the garlic. Stir in hot pepper flakes (to taste) with

The kale recipes that are shown here are a perfect accompaniment to the pork. Combined, they become clean eating’s version of soul food. If you’ve never had kale, it’s a bit like spinach with an attitude. But these recipes tame it deliciously. It’s also among the most nutritious of all greens, being very high in beta carotene, vitamin K, vitamin C, lutein, zeaxanthin, and reasonably rich in calcium. Kale also contains sulforaphane, a chemical with potent anti-cancer properties. It’s clear then that you should try to get kale into your diet, and these two recipes are a great way to do that.

Kale Chips

Ingredients
1 10 ounce bag of fresh kale
1-2 tablespoons olive oil
Cayenne pepper
Black pepper
Sea salt

Directions
Pre-heat the oven to 350 degrees. Remove any woody stems from the kale. Toss the remaining kale with olive oil, sea salt, black pepper and cayenne until lightly coated. Place the kale on baking sheet and cook in the oven for about 10-15 min until kale dries to crispy chips. Remove from the oven and serve.

Grilled Pork Tenderloin

Ingredients
2 pork tenderloins
3-4 cloves fresh garlic, crushed
2 tablespoons olive oil
Black pepper
Sea salt
Grainy mustard (Cor recommends Trader Joe’s grainy Dijon)
1 tablespoon cumin seeds

Directions
Rinse the pork and pat dry. Trim the pork of any visible fat. Coat the tenderloins with the olive oil, and then rub on the crushed garlic, sea salt, black pepper and cumin seeds (crush the cumin seeds in your palm to release the oils) and then the grainy mustard. Leave to marinate for a minimum of one hour or up to one day in the refrigerator. When you’re ready to cook, pre-heat your grill to approximately 350 degrees. Sear both sides of the tenderloin - about 5 minutes per side. Then lower the grill to medium-high heat and cook until the tenderloin reaches an internal temperature of 145 degrees (use a meat thermometer to check - you can go to 160 degrees if you want it well done, but it will be drier).

Note: For those of you raised in the 1960’s when the government was warning about Trichinosis in under cooked pork and recommending that you cook it until it had the tenderness of a shoe sole - relax. That recommendation has long since been rescinded. It’s OK - desirable in fact - for your pork to have a slightly pink center.

Remove from the grill and let the meat rest for 10-20 minutes (if you can wait that long), then slice into ½ inch thick medallions and serve.

Enjoy!
Burning Is The Question...
Pilates Pump & Jumpboard...The Answers

Some say aerobic exercise is better for weight loss than anaerobic and some say anaerobic is better. Either way, the key to weight loss is to make your caloric intake less than your caloric output. This does not mean starving yourself. The body needs a certain amount of calories, fat etc. to maintain health. Adding exercise to your life is the best way to help you burn calories.

So, how does Pilates factor in? Let’s take a look.

When you first implement Pilates into your life you will notice, rather quickly, that your clothes will fit differently, you will lose inches off your body and become more toned.

Calories Burned:
Pilates exercise vs. other exercise

The following information is according to a Mayo clinic study conducted using several hundred people around 145 pounds to find the calories burned during one hour of various forms of exercise:

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backcountry</td>
<td>241</td>
</tr>
<tr>
<td>Intermediate level</td>
<td>338</td>
</tr>
<tr>
<td>Advanced level</td>
<td>421</td>
</tr>
<tr>
<td>Beginner level</td>
<td>241</td>
</tr>
</tbody>
</table>

Remember...these numbers are an average obtained from a study based on 1 hour exercise duration on a 140 lb. body. The intensity of your own work and your own body weight need to be considered when calculating your possibilities. Looking at the list above, you can see that calories burned during pilates is between both extremes. Using Pilates as a source of exercise CAN help you lose weight. REMEMBER...in order to obtain effective weight loss, you must watch how many calories you ingest. No matter what forms of exercise you add to your life, the calorie deficit (calories exerted greater than calories ingested) must be created in order to lose weight. Keep in mind; efficiency and effectiveness in your exercise is what it’s all about!

Pilates is a unique form of exercise. It changes the shape of your body without necessarily making a significant change in your weight. When you first implement Pilates into your life you will notice, rather quickly, that your clothes will fit differently, you will lose inches off your body and become more toned. You will carry yourself differently and people will begin to ask you if you’ve lost weight. While your clothes will fit looser and better, the numbers on the scale may not change. You will begin to look longer and leaner. These results will be achieved even without a change to your eating!!! Factor in healthier eating habits and the possibilities are truly exciting!

Most people find their way to pilates, not necessarily for weight loss, but to tone up and increase lean muscle mass...an increase in lean muscle mass helps improve metabolism...hence...helping with weight loss. Other amazing results of Pilates are:

- Increased overall strength
- Improved posture
- Toning the entire body
- Increasing flexibility
- Relieving back pain
- Increasing control and coordination
- Improving joint condition
- Improved sports conditioning

Q. Can Pilates help me lose weight?
A. Yes, Pilates can help you lose weight.
Q. How?

Weight loss, as confirmed by the Journal of Clinical Endocrinology and Metabolism (Redman, et.al., Effects of Calorie Restriction 1/07) is based on calories. Your caloric intake needs to be less than your calories exerted. While it is possible to consume less calories than you are expending without exercising, it is neither recommended nor easy to do. Exercise is an important part of the weight loss equation. Let’s quickly review exercise: There are two “types” of exercise: aerobic and anaerobic. Aerobic exercise is defined as moderate exercise performed for a long duration of time. Anaerobic exercise is used to build power and/or muscle mass. These muscles generally have a greater performance under a short duration/high intensity situation. Both aerobic and anaerobic exercise have numerous benefits in addition to helping maximize caloric output.

Some of the benefits of exercise:
- Strengthens the respiratory muscles
- Strengthens the heart muscles
- Tones muscles of the body
- Strengthens bones
- Improves overall circulation
- Boosts immune system, boosts mood and much more!
Synthesized Training
Weights, Meet Yoga. Yoga, Weights.

I have been practicing yoga for 15 years. While I've been in and out of a gym since I was in my twenties, I never followed a specific weight training program. I was in decent shape, and my yoga practice was solid. But I started to feel a little stale with my fitness program. I was in search of my next challenge.

I was approached by a trainer who said I should consider a figure competition. I feared weight training would lead to a tight and stiff body: not good for a yoga teacher! As a yogi, part of my practice is remaining open-minded. So I went for it and began to train for my first figure competition.

I gained lean muscle mass and lost body fat. My yoga practice got better. Training highlighted weaknesses I wasn't aware of. I was able to hold postures longer. A chronic shoulder injury finally began to heal. I noticed a huge improvement in postures that challenged me for years. Weight training drastically improved my physique and my yoga practice.

Integrating yoga with weight training had several perks. I was able to maintain muscle symmetry and balance. I experienced excellent recovery time and avoided injuries.

I have been blending the benefits of yoga and weight training with amazing results: better strength, improved body composition, fewer injuries, increased conditioning, and excellent recovery.

Yoga is a Hindu practice originating in ancient India. The word yoga in Sanskrit means “union”. The practice of yoga in the West is usually associated with physical postures, or “asanas”. The “union” commonly taught in the West is the mind-body connection through postures, breathing, and meditation exercises.

Adding yoga to your weight training program will:

- Increase strength, balance, and endurance
- Increase range of motion
- Reduce joint/tendon/ligament injury
- Improve recovery time
- Improve muscular symmetry
- Improve mental focus

Yoga is more mainstream and accessible than every before. But people still avoid yoga due to common myths:

**MYTH #1**
Flexibility is a requirement to do yoga.
Flexibility is NOT a requirement! Yoga is a balance between strength and flexibility. You may not be able to touch your toes, but the person next to you may not be able to do a push-up. We each have strengths and weaknesses. It's not whether you can do the deepest back bend or hold plank position the longest. Yoga is a practice of balance. Approaching yoga from this perspective removes the fear of not being able to “do” yoga because you can't touch your toes...yet!)

**MYTH #2**
Yoga isn’t real exercise.
Make no mistake. Physical asana practice is incredibly challenging. I've seen elite athletes struggle to finish a class. Yoga engages the deep musculature, tendons, and ligaments that get missed by most traditional fitness programs.

**MYTH #3**
Yoga threatens a man’s masculinity.
Men fear losing their masculinity by participating in yoga. Historically, in India, yoga has been a predominantly male practice. In the West, yoga is primarily marketed towards women. However, more men are showing up in yoga classes. In Somerville MA, Adam O’Neill offers a yoga class for men called “Broga”. Check this link...

www.theglobeandmail.com/life/the-hot-button/broga-yoga-for-guys-means-more-radiohead-less-ennya/article2382781/
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Summer 2012 FIT to Print
Power X Returns...With A New Twist!

Back And Better Than Ever

stabilization exercises. The ranges of motion power movements or slow strength and injury. It can be used for high speed enhances fluidity, and lowers the risk of suitable for anyone. This new equipment to real beginners the Rip Trainer can be resistance available so from elite athletes

There is an electric aura around this 30 minutes of madness - an intensity you have to experience to understand.

designed obstacles. This was going to be the biggest physical challenge of my life. If I'm honest, I wasn't very fit when I agreed to attempt the Tough Mudder and I was worried about letting my team down. The team of seven included my sister Mari and my girlfriend Amanda. Sensing that my running routine wasn’t going to be enough, Amanda suggested I attend a Power X class with her. After Amanda explained it, I had some nervous feeling about trying the class as I did about the Tough Mudder, and I knew it would be perfect. Sometimes the things that scare me are the things I need to do most.

The class is “only” 30 minutes long though Kelly and Shawn don’t waste a second of your time. They are there to push you to challenge yourself. Challenging myself yielded measurable results in a relatively short time. Starting at about 230 lbs in August I reached a weight of 207 lbs on race day in November, feeling stronger and having more energy than I’ve had in years. Power X was my main form of training for something or just love a challenge this is the class for you! The participants who have taken it can tell you their results.

Dave Pryor
Over the summer I signed up for the Tough Mudder. It’s an event designed to test you physically and mentally. I needed to be prepared for a 12 mile mud run interrupted by 32 military

I t wasn’t the worst winter but it still felt long! Whether you are ready or not here comes summer, the perfect time to get outside and challenge yourself. Power X is just the thing to do it. Ask anyone who has taken it. This is a class unlike anything else. Its a 30 minute shot of adrenaline. On your first round of ropes you can’t wait for it to be over; yet... before you leave the field you are looking forward to next week, challenging yourself in a way you never have before. You discover yourself feeling stronger every week at each station. There is an electric aura around this 30 minutes of madness - an intensity you have to experience to understand. If you want to give your weekly routine an overhaul Power X is the answer!

This class utilizes the TRX, battling ropes and VIPR’s. Coming this summer we have added some NEW equipment. It is called the RIP Trainer. The RIP Trainer is a lever bar and resistance cord designed to enhance rotation, stability, power and strength. There are different strengths of resistance available so from elite athletes to real beginners the Rip Trainer can be suitable for anyone. This new equipment provides more power in range of motion, enhances fluidity, and lowers the risk of injury. It can be used for high speed power movements or slow strength and stability exercises. The ranges of motion simulate “real life” movements

of two classes per week or only four hours per month. No question Power X helped me reach my goals.

This class is exactly what I needed, not just for Tough Mudder but for my everyday life! Now that Tough Mudder is just a very good memory, I find myself looking forward to training in a way that I haven’t in a long time. I can’t wait for the upcoming sessions of Power X and the new ways Kelly and Shawn will find to challenge us.

Grace McHugh
Jump and Drill may be my ‘therapy’, Bollywood Sweat is for fun but Power X is all BUSINESS. This class inspires and requires you to bring your personal best - every time. In my mind the Power X bus leaves every Wednesday at 6:30 and I’d better be on it or get out of the way! It is the type of class that you don’t think in, you just ‘do’ - there is no time to think about what’s next. The combination of battling ropes, VIPR and TRX is no joke and I am addicted! I may leave at 7:00 sweating and panting, but I feel exhilarated and proud of myself.

One of my favorite aspects about the class is that it is done outside at the tennis courts (although we have also been seen on Babylon High School’s football field, dragging the weighted battling ropes in each hand or tossing the VIPR and chasing it, just to pick it up and do it again). We started in the heat of summer last year and were lucky enough to keep at it through mid-December. There is something to be said for being outdoors and working out - to feel the warmth of the sun on your shoulders, or to work the VIPR at twilight with only the street and field lights just to get every last possible minute in, or splashing (in my case, smashing) the ropes in a puddle with sideways rain in your face - simply adds another invigorating dimension to the workout. Needless to say, it was a very long winter without it!

Of course no workout is as effective for me without inspiration. There is no music or microphone at the field so we have to inspire one another. Encouragement is key in order to be successful. We all are like soldiers following our marching orders (and I’m pretty sure Kelly and Shawn Wallace trained marines in another life or something). As any good soldier would do, you don’t leave one another behind and somehow we always make it through those very long 30-40 second cardio/muscle sprints. Trust me, they are intense but the sense of satisfaction at the end is very well worth it!

Power X Summer Classes
Mon. 8:30 & 9 am. Wed. 6 and 6:30 pm Stop by the desk or call 587-5766 to sign up.
Say No To Starving
Losing Weight Does Not Mean Dieting

Y ears ago I came across this study that I found noteworthy. It was of two groups of kids. For the first group the parents were instructed to serve a ‘healthy’ low-sugar cereal daily, and for the other group parents were asked to serve a sugary ‘unhealthy’ cereal but only in the recommended portion. After months of being served cereal for breakfast all the children were brought in together for observation. Without the parents present the kids were served breakfast and they were able to select between the same ‘unhealthy’ or ‘healthy’ cereal they had been eating at home. When they were done eating they could go play in the other half of the room that was filled with enticing age appropriate toys. What wasn’t surprising was that all the children selected the ‘unhealthy’ cereal. But why this study was memorable was that on average the children that were fed the ‘healthy’ cereal on a daily basis stayed longer at the table, finished their bowl, asked for seconds and took much longer to go and play than the ‘unhealthy’ cereal group. What was recorded was that the ‘healthy’ group ate significantly more than the recommended serving size as well as much more in comparison to their ‘unhealthy’ sugar cereal eating peers. The conclusion was that deprivation caused the children to feel the need to overeat and lose their ability to stop eating. Why I find this still so fascinating is that in my experience people always want to be put on a ‘diet’. They want a list of foods they can eat and foods they can’t. What happens next is predictable: oatmeal for breakfast, choking down cottage cheese for a snack, eating a salad for lunch, and bread? Heavens, no! They burden themselves with the need to eat 100% perfectly or it is utter failure. But this pursuit for perfection inevitably leads to self-loathing, feeling weak, and ultimately disappointment in failing their ‘diet’. I am here to tell you it doesn’t have to be that way. Despite popular belief, you can lose weight without being on a diet or feeling denied and deprived.

Most people assume that I put people on diets since I am a dietician. I don’t. If diets worked everyone who went on one would be thin. ‘Diet’ is a four letter word, of which the first three letters spell die. Second, have you experienced what I call “last chance eating”? So often during the time between setting up a first appointment with new clients and the actual consultation, they confess to ‘going a little crazy’ with their eating, as if it was the ‘last chance’ they would ever get to eat their favorite things again. It is not uncommon for a person to think the only way not to eat brownies tomorrow is to finish the tray today. If your goal is weight loss, stop denying yourself your favorite foods and instead learn how to manage them! It is a skill to be able to enjoy appropriate portions of your favorite foods - you don’t need will power you need “skill power.”

Next, when you diet do you eat ‘diet’ foods? Are you really surprised that a frozen dinner doesn’t fill you up? Do you really think those 1-point cakes are going to hold you till dinner? By focusing on calories you forget that foods should 1.) taste good and 2.) satisfy. Don’t just eat just to eat. If you compared eating a large plate of broccoli to 100-Calorie pack of cookies wouldn’t you feel different? Although the bottom number of calories might be the similar they don’t satisfy the same. One fills you up and curbs your appetite and the other awakens the ‘snack-beast’ wanting to devour everything in sight. Diet foods kill diets.

Lastly, do you avoid carbs? I know we have been taught that carbs are evil and maybe there is some truth to that when we’re considering soda, candy and other sugary treats. But carbohydrates are also our fruits, vegetables, dairy and whole grains. Surprisingly, these healthier, low-glycemic carbs can actually make you more satisfied and slow down the feeling of hunger. So yes, high-glycemic (high sugar) carbs make you feel hungry and encourage the body to store calories as fat but all carbohydrates are not created equal. By regularly choosing the healthier carbs, you will not only lose weight but you will also find maintaining weight loss easier.

So the secret… if you want to lose weight for the last time, stop dieting. If you need help seek out a licensed dietitian that can teach nutrition to help you with these lifestyle changes that will reduce your risk of cancer, heart disease, high blood pressure, improve your health and energy level and, oh yeah, help you lose weight.

Rachel Ezelius is a Registered Dietitian who manages Fitness Incentive’s Eat Smart program. Questions? Contact her by email: eatsmart@fitnessincentive.com
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Lemon Renovation
Eating Clean & Training Dirty

Profiles in Fitness
by Sue Conway, Ashley Nissen & Mary Kopke

The Lemon Squad: Ashley Nissen, Sue Conway and Mary Kopke

“Changes” is the title of one of David Bowie’s enduring hits and reflects his ability to change, innovate and take risks throughout the years.

On a grey February morning, I approached my trainer of two and half years, Marianela Virella-Mielke (MVM/GPS) about helping two of my gym buddies and me make some more lasting changes in our lives. We discussed increasing our strength training sessions, and she devised tailored nutrition and outside workout plans for the three of us that would bring about gradual but noticeable changes in our physiques and energy levels. Since we were already very active and fit, we agreed on a 3 month timeline that would jumpstart our metabolisms without making us go too nuts.

Due to our clear adoration of Lululemon, a premium workout clothing line, MVM nicknamed us “The Lemon Squad.” Thus, we set out the following week, armed with a group name, action plan and food shopping list for the start of Eating Clean & Training Dirty: Our Lemon Renovation. Here are some vivid Lemon epiphanies I’ve had:

• I am stronger and fitter than ever. I’ve lost over 8.3 inches since we began 3 months ago. I’ve learned that it’s never too late to improve oneself. Realizing my personal best running time (3 miles in 29 minutes) midpoint into our Lemon Renovation gave me a sense of renewed youth. Running used to be such a difficult activity I couldn’t overcome 10-15 years ago. I’m honestly still not a big fan of running though I can now enjoy the benefits and feel good endorphins. Taking MVM’s free 3D-FIT class every Saturday @ 7:25 am has also helped make me stronger in body and especially in mind. As high intensity as the 30 minute class is, I somehow can get through it by relaxing my mind.

• I have personally seen the unrewarding and fatigueing effects of a 4 hour gym day. No class received 100% energy so I only got a small benefit. If you give 100% to a shorter but more intense workout, you will reap the reward 100%. Work harder and smarter!

• I feel livelier and my skin has gotten clearer. Since my day is long (starts at 6 am to workout, then off to work from 4 pm to midnight), I plan a daily nap and eat smaller, more frequent meals, which keeps me naturally “juiced.”

• My gym buddies inspire me in so many ways not just by their health histories but by their varied ages. Nancy DiCicco is a breast cancer survivor. Ashley bravely deals with her perpetual autoimmune disorder and Mary is a physical fitness pioneer who’s WAY ahead of her time.

• Preparing homemade meals and learning to eat clean has been key to our success and I realize it will continue to be integral to our lifestyle.

• Going for massages, food shopping, menu planning and cooking with Ashley has been so much fun. Her support and companionship has been invaluable. We recently shared a delicious turkey meatloaf recipe I created that includes sautéed sweet peppers, jalapenos and garlic- crazy.

• One of my personal mottos is, “Pretty is as Pretty Does.” Being fashionable ties into my fitness insanity. Staying fit motivates me for my LuLulemon and Red Mango shopping excursions with my gym buddies and trainer. It’s important to look good while sweating because our training sessions can get quite “ugly.”

• My husband is still wowed by my fitter physical appearance which is encouraging considering we just celebrated our silver (25th) anniversary! Whenever he teases me about my latest gym feat, I make sure to remind him that I can probably leg press more weight than he can any day. Hey…

All of this wouldn’t be possible without the keen understanding of my educated and well-skilled personal trainer. From the beginning, Marianela (MVM) recognized that we were individuals so our nutrition plans and training sessions matched our specific needs. It’s a true testament to her that our workouts are always fresh, progressive and most of all, safe.

From the beginning, Marianela (MVM) recognized that we were individuals so our nutrition plans and training sessions matched our specific needs. It’s a true testament to her that our workouts are always fresh, progressive and most of all, safe.

I have learned more about myself in 12 weeks than I ever wanted to know. I’m a person who ate healthy, or thought I ate healthy but I let myself have “treats” since “I worked out” or “I was stressed at work” or simply because I wanted them.

I had no idea how unbalanced all my meal were and by not eating enough I was doing myself and my body a disservice. I have learned so much about training and nutrition through MVM and have been thrilled to teach my co-workers, family and friends what a good clean diet can do for you. I’ve loved it so much that I’ve decided to return to school

continued on page 21
Runners Ledge
Avoiding Six Common Running Injuries

With the warm weather finally here, it's a great opportunity to take part of your training regimen to the great outdoors. Walking, jogging and running are excellent activities to promote health and wellness. Are you an avid jogger or runner? If so, could the way you run be hurting you?

When you run, jog or walk, each step sends shock waves up the feet, knees, hips and lower back. Overuse injuries are common, especially with running. The good news is, we can help avoid overuse injuries. Some causes of running induced injuries include:

- Training errors
- Improper running shoes
- Poor weight-bearing or running dynamics

If an injury does occur, physical therapy can get you back on track (pun intended) in a short time. Here are SOME of the most common injuries that occur with running:

1) Plantar fasciitis: Inflammation of fibrous connective tissue in sole of the foot, leading to pain on the bottom of the heel.
2) Achilles tendinitis: Heel pain, or pain in the Achilles, due to too much running or running uphill. This can lead to pain and tightness in the calf.
3) Shin splints: Often a result of imbalance in the calf and shin muscles. Pain is along the front side of the lower leg (the shin).
4) Stress fracture: Repeated pounding of the legs can lead to stress fractures, with local pain over the affected bone.
5) Hamstring strain: Too much running can lead to a hamstring pull.
6) Patello-femoral pain or “Runner's knee”: Increasing running distance too soon can lead to pain behind the patella, or kneecap.

If you have any of these injuries mentioned above, here are some tips from us to help you treat them.

Treatment consists of:

- Rest, anti-inflammatory medication and icing the injured area.
- Stretching muscles that are tight (i.e. - calf for Achilles tendinitis; hamstrings for hamstring strain)
- Strengthening exercises to restore muscle balance.
- In some cases, taping works like a charm. Talk to your therapist.
- Orthotics may help alter the forces going into your joints. Talk to one of our therapists to see if this is best for you.
- Remember, if it hurts, don't do it. For example, if running hurts, try jogging. If jogging hurts, walk instead.

Are Your Shoes To Blame?
Before starting a running program, ask yourself:

- Are your shoes worn out?
- Are they the right fit for your feet?
- Do you have flat feet? Are your shoes stable enough?
- If your feet are rigid, you need a pair with good cushioning.

All these questions need to be answered. To tell if a shoe can still be used, look at its sole. If it is worn out, it's time for a new pair! If they twist too easily, it's another sign they may be worn. Not sure what to look for? Let us guide you.

Runners are very susceptible to injuries, especially with changes in training, including speed, frequency, distance, and surface. Talk to your therapist about a customized plan to evaluate your foot and minimize or treat injuries.

Your Feet Will Thank You
Most runners fail to take necessary steps to avoid injury. This is where we come in. After the initial evaluation, we teach you how to:

- Get the right pair of shoes - we evaluate the muscles of your feet and guide you to get the right shoes.
- Stretch out properly - we evaluate your requirements and make sure you stretch out your muscles properly before exercise.
- Strategically structure your running - we teach you the right warm, stretch and exercise sequence and coach you through the process of building up your running time gradually. Remember, your running shoes will last about 500 miles before they need to be replaced.

If you are a runner or just happen to walk regularly, you need to call us to evaluate your technique right away. As they say, prevention is better than cure. Our highly experienced staff will work closely to design a plan to protect your joints and optimize your efforts. Call us today for an appointment. Your feet will thank you!

---

TJ Golub is a Physical Therapist, FI member, and consultant to the FI Personal Training program. He is the owner of Absolute Best Care Physical Therapy in West Babylon. He also recently won his pro-card as an all-natural body builder.

Our Philosophy...

At some point in our lives we all need someone to rely on. And I am proud to be that person to my patients. There truly is no reward greater than helping people restore and maintain their independence and quality of life. Each of our patients is an individual, and 1 pride myself on my dedication to treating them as such. That is why I take the time to get to know every patient who walks through our doors. It is this individual attention that can ultimately help our patients achieve faster recovery, so they can return to a more active lifestyle.

- Timothy J. Golub, PT

Sports related injuries, Neck/Back Pain, Arthritis, Muscular disorders, Post-surgical, Tendonitis, Vestibular disorders, Pain management

Corinne Brown’s Physical Therapist - Highly Recommended by Cor

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RIP Kind Soul...
What Part Of A Brother Lives On?

When a sibling dies, your grief is different than with the loss of a parent. Your shared past is a conversation without their memories or now completely alone. Your future does not include time with your brother or sister at the holiday table, movies or your own kids' milestone celebrations. Working is hard, writing is hard, exercising is hard. Things slow down until one day is unexpectedly a little brighter than the day before. I go to the gym without militant expectations, just to stay in the game. And I wrote this piece about my brother.

My brother passed away on January 24 of this year. In the process of sorting out and packing up his life, I got a phone call from a friend. She'd found posts by Michael on an online Hewlett-Packard calculator community. They read,

I'm in my 40s and I'm doing a career change that has sent me back to school, so I find myself around lots of undergraduates who seem awfully young to me.

Anyway, yesterday in lab I had my trusty HP-25 out, crunching some numbers. I bought it about two years ago and now it's my "everyday" calculator. One girl in class was really fascinated by it--she had to carry it off to show the teacher.

"Look at this calculator! Check it out!" It's hard to know what the fascination was--I think it had to do with the red LED display. She was definitely impressed by the FIX 2 display formatting, though.

I wouldn't have paid much attention to this but the same thing happened last semester--same calculator, different girl. So what's going on here?

Maybe it's the red LED display--many younger people have never seen one. Or the overall shape and styling--it's shorter but thicker than modern machines. Or maybe it's just the fact that someone in their class is using an antique--it's older than they are. It's possible I'm onto something here. So far, it hasn't gotten me any dates, but it definitely bears watching.

Maybe I should start carrying around one of my slide rules, too!

Any thoughts? Has anyone else had a similar experience?

A fellow member responded:

Well, it worked for me. I bought my girlfriend an HP-32E, and she married me.

The thread went on for twenty-five posts, and reading it was an unexpected gift, a reminder of his voice and funny, quirky ways. He'd found a place where he fit in effortlessly. I bookmarked it.

Not so with Facebook. The pen and ink caricature of himself he'd chosen as an avatar was just a reminder of how much I missed him. I had clicked on it, gone to his page and read entries from the days following his unexpected death. Condolences had stacked up quickly, as they do so easily on the Internet. "RIP gentle soul." "We'll miss you." As though they were speaking directly to him. I read all, appreciating them as the long hand of online compassion.

Weeks later, new messages appeared, "Happy Birthday in Heaven," and, "Mike, you must be having some party up there." The conjecture irked me--he barely drank and certainly wasn't a partier--but that was irrelevant.

Without intervention, the Facebook machine would continue to grind out an automatic reminder this time every year: "A Friend has a birthday this week."

The forty-three friends he had gathered, willy-nilly, haphazardly, some from my list, would be directed to a page with no new entries. Perhaps a few people would wish him a "Happy Anniversary" or reassert what a good time he must have. But more likely they would reflect the kind nature of the posters, not wanting the day to pass seemingly unnoticed. My remaining brother and I would respond with a "LIKES" this, "thumbs-up" icon showing that we approved the messages, which we didn't, fully. Anyway, reaching out to us was not my brother's reason for being on Facebook: he wanted to meet a woman, preferably one who could admire an HP-25.

Gradually his posts had declined. I deleted the account.

A few weeks before he passed, we had gone to the movies. I drove because his driving terrified me. It mirrored the sometimes-impulsive quality of his life. We chatted about the movie for a while, then he asked, "Why can't I find love?"

I paused.

"There's a lid for every pot."

"Where's my lid?"

I thought for a few seconds, replaying old conversations about where to meet women, what to say, what not to say, offering bits of advice like don't buy anyone gifts right away because that's just scary, and please don't ever hand out the ten-page "Dating Questionnaire" you put together in '06 again because you thought it was funny.

"I don't know, Mike. I don't know."

Then we were silent. Not sad, more accepting that the answer wasn't here today. I turned into the condominium complex we lived in, he right next door. We hugged in our way, hands very light, only touching shoulders.

"That was fun."

"That was fun."

"See you later."

"See you later."

---end---

Christiene Jelley is a longtime champion of Fitness Incentive.
"Grandma would be so proud"

...Peter Gianotti, Newsday  ★★★

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Summer 2012 FIT to Print
**Welcome To Burn!**

Most Improved Team - Cassandra Mercurio, Stephanie Lee, Lisa Cella, Stephanie Cella, Cassandra Mercurio, and Gloriann Cozier... trained by Amy Lynch

"Welcome to Burn!" was a phrase spoken by Amy to these teammates as they assembled for their contest workflows. It was uttured by one of the members of the team at a point during our conversation in which the whole room was talking, laughing, and remembering. Whatever said it seemed to me in that moment to have encapsulated the collective experience of this team—a team whose Fantastic Four journey was, as Most Improved, arguably the longest of any in the Challenge.

PS: I'd like to ask each of you what prompted you to enter the contest? Stephanie: I had been working with Amy already, and she told me that she would love for me to do the contest. It was good for me as a means of boosting my metabolism, lose more weight, and really help me overall to get to where I wanted to be. Though I still have to lose more weight, I accomplished so much that I don't think I would have achieved working outside the contest. Jackie: Well, I wanted to get fit for summer! I thought the contest would be a great thing and a way it would help us all get where we wanted to go. I was a contestant in the challenge last year, so I knew a little bit about what it was like and I wanted to do it again except with a different trainer. Cassandra: My routine was very similar to Jackie's. I'd plan everything out the night before so that the next day I'd never find myself eating something and think, "Oh, that was bad!" What we learned and what a lot of people don't necessarily realize is that you can eat a good thing but if you combine it with some other thing, good becomes bad. Salads are wonderful unless they are linked with a lot of high-calorie extras. Suddenly a low-cal meal can become a fat meal. Amy would examine our food logs, and sometimes we would argue over what we did right and what we did wrong. "Too much fat. Not enough protein." She'd balance everything out. I think that's even more so when I changed my eating habits. I'm finding that I need to eat more protein and less carbohydrates.

"Thank you, Eileen!"

Fittest team: Ellen Birch, Cassandra Mercurio, Stephanie Cella, Christine Loeser, trained by Eileen Jacob.

Eileen: Actually, I also did it before, last year. I graduated 30 pounds. It was a good base to start on getting involved this year. But Eileen approached me, and I wanted to continue with that experience, so I had the perfect team from the very beginning. PS: Did the four of you approach Eileen, or did she approach you? Eileen: Lisa, Lisa, and Cassandra were there. I met Eileen and made a commitment to the team. They were really particular about who the fourth member of the team could be. PS: Why was that? Was it because you wanted to win? Eileen: Less then that the fact that they wanted to see that the fourth member of the team was as committed and dedicated as they were.

Eileen: It simplified answering the question "What can I eat?" This. This is what you can eat. Christine: She made us all soup the first time. PS: Is there some aspect of the contest that you think is the most favorite part? Eileen: It's actually tough for me to say. Obviously you want to see results, and I enjoyed that we all worked together really well...we had a really cohesive team. We sought Eileen's approval, we asked for her feedback. She made special meals for us. She'd share information. She conducted special classes just for our team. These things helped us remain committed to one another and made the workouts that much more effective. Again, you want results and you see them and get positive feedback from others as well. I think that was what I was really satisfied with our team, the trust and, the jokes, and the occasional profanity. Lisa C.: I actually also did it before, last year. It was a great challenge for me. I loved it, and I needed it. It's a lot done a lot for me in my life all around. Lisa C.: I think that was even more satisfying was our team, the trust and the jokes. And the occasional profanity.

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Eileen: The toughest aspect for me was really understanding the nutrition. Not enough protein. She'd balance everything out. I think that was what I was really satisfied with our team, the trust and the jokes.

Eileen: The hardest for me was the contest itself. Because you have, in effect, a real issue from me. Anybody who has completed the contest is saying that they had the perfect team from the very beginning. PS: Did the four of you approach Eileen, or did she approach you? Eileen: Lisa, Lisa, and Cassandra were there. I met Eileen and made a commitment to the team. They were really particular about who the fourth member of the team could be. PS: Why was that? Was it because you wanted to win? Eileen: Less then that the fact that they wanted to see that the fourth member of the team was as committed and dedicated as they were.

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"Grandma would be so proud"

...Peter Gianotti, Newsday

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Summer 2012 FIT to Print
Beginner’s Mind
Empty Your Cup To Live Life to The Fullest

experience new things. Study these words for a moment, enthusiasm, creativity, zeal and optimism. Say these words to yourself silently with your eyes closed. After each one, stop, reflect and see how each word feels to you. Then imagine the opposite of these words and how does that make you feel? With a beginner’s mind there is boundlessness, limitless and infinite wealth.

“One in the beginner’s mind there are many possibilities, but in the expert’s there are few.” -Shunryu Suzuki

The Beginner’s Mind is the open mind, an eager mind, lacking preconceptions. It’s the ability to see things always as fresh and new. This is needed in all aspects of life. Beginner’s mind does not get stuck in preconceived ideas. The following story illustrates this:

A professor once visited a Japanese master to inquire about Zen. The master served tea. When the visitor’s cup was full, the master kept pouring. The tea spilled out of the cup and all over the table. “The cup is full!” said the professor. “No more will go in!”

“Like this cup,” said the master, “You are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?”

You can see how this story not only applies to learning about Zen, but to anything at all.

Having beginner’s mind one feels alive and ready to go, to learn, and to

One example of having a beginner’s mind is to use the “Don’t Know” mind. Sometimes when we are about to encounter a situation, a meeting at work, a relationship, or family event, we tend to foresee what will take place and we make up our own stories on how the situation or event may go. We begin filling our minds with preconceived ideas and set ourselves up an unpleasantness when in fact it could turn out quite different all together. We could even foresee a positive situation and set ourselves up for disappointment if things don’t go the way we assumed they would. However it turns out is not the point here. Either way we may not handle the situation well and become stressed. Keeping an open mind, a “don’t know” mind and responding according to circumstance, not according to how we assume things will be, leaves room for intuition, and we respond with our true feelings. Having our minds filled with preconceived ideas means we have our minds in the future or in the past and we are not living in the “now”, this very moment. When we live in the now we can embrace each moment with an open mind, beginner’s mind.

Another way to be in beginner’s mind is to “Experience the Moment Fully.” Ever see a child at the beach and watch how they act? They are amazed at the sand between their toes, bright sunlight, open space so full of possibilities...adventure is in their eyes, their amazement of how they watch the sand fall between their fingers...how they sit in sand and not even think about it, or let the sand build up in their bathing suits without a care in the world as they sit near the ocean shore. All the wonder they have filling a bucket with water and sand letting creativeness take over...enthusiasm...creativity...zeal and optimism, remember these words??? How do they feel?? Enter things with a child’s mind and experience the moment fully.

Discarding fear of failure is another way to attain beginner’s mind. Try something new.

A new yoga class is on the schedule, Basic Beginner Yoga, which I’m teaching, Monday afternoons, 5-6pm. While this class is for beginners, or very new students, it’s also open to experienced students when they can get into beginners mind. Experienced students may have had a hectic day and feel very tired, perhaps recovering from an injury, surgery, or had a grueling workout and need to take a step back. Let go of old habits, expectations, and try a basic beginner class. It’s also not a bad idea to re-learn a few techniques as well! Sometimes the body needs “Beginner’s Mind.” If its fear that has been stopping you, discard it. Fear of failing to do a posture or not being flexible. You do not need to be flexible to start yoga, yoga will make you flexible over time, all you need is a flexible mind, beginners mind.

If we can approach everything we do with Beginner’s Mind, imagine what life would be like.

Karen Britton is a certified Yoga Instructor. She teaches Yoga classes and programs at Fitness Incentive.
always said, “Teams that work out together win.”

Eileen: Every time in the classroom I’d say, “All right, let me take a look around...well, well, look over there, a whole team is here together! That, people, is the team that’s going to win! I’m telling you right now, they’re going to win.”

Christine: For me a favorite aspect was knowing that there were three or four other people in the universe that really care about your being successful and are rooting for you. It’s also about what you learn about yourself, the power of setting goals and making choices, of positive thinking, of staying focused. I remember in my first contest, I was in a new environment, I’d just moved here, just gotten married, and it was easy to feel a little uncertain about some of the choices I had made... “Is this what I should have done?” The contest allowed me to get into that mindset where I can say, “I can do anything I decide to do. If I can do this and get this result in this amount of time, and apply this focus and this dedication to other parts of my life, then what can’t I do? It changes your point of view and gives you tools to help you problem-solve. Rather than complain about it, you attack it.

Christine: Absolutely. And you build a support structure for yourself at the gym, of people who want to do well, work out, be healthy...

Eileen: Christine has completely changed her body. And the progression can be seen across the contests she’s been in. She has never backslid. She came into this contest in great shape and emerged in spectacular shape. She’s at another level every time she trains.

PS: Is it possible to say one way or another whether it was diet or exercise that was more responsible for your achievement?

Ellen: Diet.

Lisa C.: For me I’d say it was both. I was personally much more dedicated to the nutrition end of it and much more knowledgeable this time. That made a greater difference in my results. For me, I’m not sure I can separate them. They were hard! They were, as Eileen would say, the “boy” workouts.

Eileen: I had multiple teams. I’d worked with all four of these women for a long time—it’s part of why I knew that Ellen was a good match for the other three because I knew she was strong. This team needed a fourth person who could “lift heavy,” the way they can. These women were trained the same way I trained my all-male teams. That’s not necessarily typical, that you’d train men and women the same way.

(Whiplash! At this point, the teammates laugh and both mime and mimic the cracking of a whip. “How are you going to write that?” asked Lisa W.)

PS: At what, if any, point during the contest did you begin to think, “We can win this.”

Ellen, Lisa C., Lisa W., Christine: NOTUNTILTHEYANNOUNCEDOURNAMES!! (The answer was, literally, delivered in choruses!)

PS: Er...I guess then that you were surprised.

Lisa W.: Shocked!

Eileen: We’d been, like, no way, we don’t have a chance.

Christine: We were sure it was going to be one of Eileen’s other teams—the “Boy’s Team.” Because their body fat was so low.

Lisa W.: There’s always that hope for the win, but I don’t think any of us really thought that we’d finish first. We really thought that if we had any shot it would be in the Most Improved Division.

Christine: And people at the party would say to us, “C’mon! You didn’t know, weeks back, that you were the favorites?”

Truly, when they said Ellen’s name, we all looked at one another and said, “Huh? What?” We were stunned. Shocked.

Eileen: I’ll be honest. I thought it was going to be another of my teams—the “Boy’s Team” that finished second. I got those guys as lean and as strong as I could get them... they were so over the top...they really were.

Lisa C.: It could have been five dollars. It really could’ve been five dollars and a piece of paper. It was the accomplishment that made it so exciting.

Sure, the four thousand dollars was exciting—our kids were, like, “Awesome!!”

Eileen: And it came in handy because of all the new clothes that had to be bought after these bodies had changed so much...

Lisa C.: But it really wasn’t about the money. And I can honestly say that, given how hard I feel we worked, that we earned it.

Eileen: Talk about the experience being life-changing? Life-altering? That’s how it is. You just stay focused.

PS: What do you think is the most lasting thing you’ll take away from your contest experience?

Eileen: The way I eat. That and mixing up the way I exercise...I used to do just spin. And, probably most importantly, the reactions of my daughters. They were just blown away. They were just so proud. And my hope is that they will take something away from this that means something to them. That in the future, they will make choices that will mean as much to them, and have as positive an effect, as this has had for me.

Lisa C.: I think for me it’s about “not falling off the wagon...” meaning that I know there will be times when you’ll wake up and say “I don’t want to go to the gym...” but I now know that you need to keep it regular and, as I’ve said many times, “After 40, the warranty expires.” You can’t stand still and expect to stay the way you are. You have to work at it. But, honestly, I’m not lovin’ it when I’m sitting there lifting weights, or doing squats or lunges. In the end, though, I know I’ll feel good, and healthy, and it pleases me to know that this is part of my life.

Christine: I would mention intensity. Being able to work out at a very intense level and get a great result in a shorter amount of time...you learn to be focused...you don’t necessarily have to spend 45 minutes on the treadmill...an intense 20 or 30 minutes, burning calories and changing your metabolism. The way that we lift...we don’t rest between sets.
Looking Ripped: Ashley

Looking Ripped: Ashley

to get my Masters Degree and become a Registered Dietitian.

At the onset of our Lemon Renovation, I wasn’t so happy about living a super healthy lifestyle because I wasn’t allowed to have all the extra sweets and treats I was used to. It was difficult to hear everyone telling me, “Why are you doing this?”, “You’re skinny enough!”, “You’d better not lose too much weight”, because it made me start to think the same way. Then I realized it’s not about getting skinnier or losing weight, it’s about learning how to be the healthiest me I can be. Learning how quickly a clean eating lifestyle can transform your body was exciting. Within days of starting my new meal plan, I was seeing more cuts in my abs than I knew existed and I had already been eating relatively healthy and working out 6 days a week. Three tests of discipline came back to back during week one but TWO people tried to force discipline came back to back during week one but TWO people tried to force myself to sweat and get a little annoyed. Previous to my insane 12 week eat clean train dirty routine, I would go to or rent a movie with my boyfriend a few times a week and enjoy my “not too unhealthy” sweet salty snacks. Didn’t he know I can’t possibly be asked to ignore the smell of warm hot buttery popcorn while staring at the perfect array of delicious candy boxes while on this plan? Fast forward to week 10- Yup! I finally grew “mentally” strong enough to accompany him to the movies with my head held high, my Smart water and a “real” healthy snack while my feet moved quickly to my seat. Mission accomplished!

I realized it’s not about getting skinnier or losing weight, it’s about learning how to be the healthiest me I can be. Learning how quickly a clean eating lifestyle can transform your body was exciting.

It’s a relief to know that I kicked my “habit” and can still enjoy a sweet fix without sabotaging my training efforts. One of my new clean “desserts”: ¼ cup rolled oatmeal, 1 cup strawberries, 6 oz. plain Greek yogurt, 12 almonds, cinnamon, a little maple whey protein to sweeten yogurt … all the delightful flavors combine beautifully.

My confidence and my physical strength has also soared! In the first couple of weeks I lost 4.7 inches in my hips, waist, thighs, and arms and since training with MVM at the end of December, have dropped my body fat from 16.9 to 13.1 and I can now do unassisted pull-ups. Even my boyfriend lost 15 pounds eating clean with me and he is surrounded by food all day long!

All these positive changes would not have been possible without the support of my family, friends and most of all, my awesome training partner - Sue Conway.

- Ashley Nissen

After a recent upsetting report on my cholesterol (242!) which showed a significant spike from the past year, I knew it was time for me to make a change. It was then that I joined Sue and Ashley to train with MVM. Sue and Ashley had already begun a tailored twelve week training program of increased weight training and diet changes combined with our current participation in 3D FIT class and S’s small group training that MVM also teaches. S was my first small group training. Working with my dedicated “Lemon Squad” under MVM’s direction and comprehensive programs has been a remarkable experience for me and something I plan on continuing. In ten weeks, I’ve dropped over 6.3% body fat and 8 inches. I must say I feel better and my sleep pattern has improved greatly. I also notice an increase in stamina while teaching my spin classes at FI.

In terms of dietary improvements, I used to be a ‘salty’ snacker (pretzels, crackers, cheese and more pretzels!) and I now realize that I was always “hungry” because I was not eating enough of the right nutrients. By following MVM’s workouts and balanced 6 meal nutrition plan, I never feel hungry so do not make those poor choices anymore.

I feel lucky that I can still work out vigorously and I’m pleased that I discovered during our Lemon Renovation that no matter what your age, you can still move beyond some of your physical limitations and relish the taste of healthier lemonade.

- Mary Kopke

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People would be shocked to learn how little weight I actually lost...there's almost a disconnect. Because as you're losing body fat, you're gaining muscle mass...And muscle weighs more than fat!

at the number on the scale...There was an understandable disconnect. Because if you looked at the pictures, looked at the way my clothes fit, and then looked at how much body fat I lost...there's almost a disconnect. Because as you're losing body fat, you're gaining muscle mass...And muscle weighs more than fat!

People would be shocked to learn how little weight I actually lost...there's almost a disconnect. Because as you're losing body fat, you're gaining muscle mass...And muscle weighs more than fat!

another. For example, two of our teammates from last year were also training with Amy in this year’s contest. But even though they are technically “opponents,” we’re happy for each other. “Look how great they look! Look how well they’re doing!”

Yes, it’s about winning. Yes, it’s about the money. But it’s mostly about getting yourself right.

Gloriann: Two contestants I used to work for were on one of Jim Cordova’s team. I’d see them in the gym...I even took a class with them. We’d exchange nutritional advice. “I tried this recipe. You should try it. We were both “in it,”

were always so supportive of one another. For example, two of our teammates from last year were also training with Amy in this year’s contest. But even though they are technically “opponents,” we’re happy for each other. “Look how great they look! Look how well they’re doing!”

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sick."

Stephanie: I lost my voice that night and still, days later, haven’t gotten it back completely.

Cassandra: Someone hugged me, then pulled back and said, “You’re literally shaking.” “I’m excited!” I cried.

Stephanie: It was surreal.

Gloriann: We must have taken 150 pictures…with the check, on the check, flexing our biceps in front of the check…Pictures...with the check, on the check, lines. A perfect example is the check I have in my living room…It’s building a workout room in my house and the check will go right on the wall…the big one, that is. The little one is in the bank account!

PS: What would you say will be the lasting impact of your experience? What did you take away from it?

Stephanie: I think, friends. That, and motivation to continue and maintain the healthy lifestyle we learned during the training. You know, I used to be afraid to take classes. Now I take them all the time and I love them. The contest definitely helped me overcome many anxieties I used to experience.

Jackie: The biggest thing I took away from it has got to be the nutrition. Now I know what I need to eat and what I shouldn’t eat, and how much. Learning about the nutrition has brought about a huge change.

Cassandra: The biggest thing for me was just looking at something, looking at a goal and being able to think, “I can do it.” Before my experience in the competition I wouldn’t have approached it thinking this is not something I can do. I no longer approach challenges thinking along those lines. A perfect example is the rebounding class which I had a hard time with. I don’t approach it thinking “Oh, it’s a little hard, I’m not going to do it…” I think, “Oh, it’s a little hard, and I’m going to do it, and I’m going to get good at it.” The contest also brought about a change in perspective. The challenge presented by establishing goals is something I embrace, not reject. “I will do it. I will handle it. I’ll do it right. And I’ll do it well.”

Gloriann: I learned about dedication and motivation. And I know now that I want to do a show, and I’m going to do a show. I love this lifestyle, I’ve adopted it, I’m 21 years old, and I want to see how far I can push myself, and how far I can go. This is just the beginning!

Most Improved

Continued from page 22

Fittest Team

Continued from page 20

We each set up a station and we’re constantly moving, so that it becomes not just strength training, but also cardio. We learned how to exercise efficiently.

PS: Eileen, when you look at this team, what was it about them that was distinctive? What did you see in them that was different?

Eileen: These girls all have the same work ethic and the same determination. And their approach to success was the same. I knew that if they were satisfied with their results but had won nothing, not one of them would have been disappointed. They were, in terms of conditioning, in a great place before the contest. To have taken them to a whole other level these past weeks has been very satisfying.

Lisa C.: I think we’ve all been in a situation where we’re working and one of the group doesn’t have the same level of commitment. This makes the achievement of goals already difficult—that much harder. We are not the kinds of people who would respond well to someone who behaved like an outsider. We needed the commitment.

Lisa W.: It amazes me that such different people can work together so closely and reach a shared goal.

Eileen: To me it’s phenomenal that Eileen had so many teams in the contest, but yet she always knew exactly what our specific requirements were every day, every workout, every meal…

Lisa C.: I have no idea how she kept it all in order…

PS: She’s a professional.

Lisa C.: Exactly, and we were just talking about this the other day. Professional. I’m going to make a note of that in my response to the contest survey.

Lisa W.: Thank you, Eileen!

Christine: Yes, thank you, Eileen…that’s the perfect last word because that’s what she’d make us say after the hardest workouts…we’d be absolutely wrung out and we’d hear, “OK, now what do you say?”

Eileen: “Thank you, Eileen!”

It was massively apparent to anyone attending the Fit 4 Summer 2012 Awards and Celebration Ceremony, and it is worth mentioning to everyone else: F1 trainer Eileen Jacinth had an incredible contest…maybe one for the ages. If, as with the Stanley Cup, winners’ names were etched into the trophy…well, you’d have needed a second Cup. Here are some results to consider: Eileen trained three of the top four finishing teams in the Most Improved division, and two of four in the Fittest division, including First Place. She also trained the Most Improved and the Fittest in the Individual categories, two of the top three in the Weight loss category, three of three in Body Fat, and First Place in the Push-ups, Cardio Improvement, and Sit-and-Reach categories. She also placed fourth in the top six in the OTS (Over The Shoulder) category. All in all, a remarkable record.

So often was her name heard during the Awards Presentation that it prompted the DJ to act: in a moment of inspired disk-spinning, he played…that’s right, you guessed it…”Come On, Eileen”, the BO’s hit by Dexys Midnight Runners. Eileen herself took the floor and whirled and cheered amidst her thronging protégés. It was absolutely one of the highlights of the evening. Congratulations, Eileen!

Most Improved: Jeanine Candelora, with Eileen.

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Many well known, heavily marketed Pilates programs are advertised as the magic ticket to losing weight and getting the perfect body. You must be aware that these programs are sold as “complete” programs... with healthy eating plans as well as exercise to incorporate into your life. If your goal is weight loss and you start a Pilates regimen or any other exercise regimen yet continue to make poor food choices, you are not going to achieve your ultimate goal. Remember, a true, overall lifestyle change must be made. Pilates on its own does have significant effects. Pilates will:

- Change the shape of your body and your clothes will fit differently.
- Whittle your waistline - even if the numbers on the scale stay the same.
- Build muscle and improve posture; making you appear taller and thinner.

Pilates, whether beginner, intermediate or advanced level, is a full body workout and will tone your entire body. Coupled with the right program of healthy eating, Pilates will definitely help you drop those unwanted pounds!

That being said, how can we take Pilates to the NEXT LEVEL... make it more intense so we can burn even MORE Calories per session? Keep in mind, your body weight and the intensity of exercise factor in to how many calories you will burn. Let’s go back a bit. Pilates is core based. The “core” is the center of every movement you do. The core does not just consist of the front abdominal muscles. It includes all the muscles in and around the waist, front and back, the deep abdominal muscles as well as the side muscles that are responsible for stabilizing, flexing, extending and rotating the spine. The core provides stability, strength and balance. A strong core not only improves posture, it flattens your belly and increases your range of motion as well as supporting a healthy spine. Properly performing Pilates exercises integrating deep engagement of the core muscles with cardio movements can double your calorie expenditure!

In-house studies have shown that Pilates Jumpboard and Pilates Pump classes can burn up to 500 calories per hour!

If you cannot attend Pilates Pump or Pilates Jumpboard classes, you can still intensify your Pilates workouts and take yourself to the next level, even in a multi-level mat class. Once you have mastered the foundations of Pilates, you can up your pace and perform your exercises at a level suitable to your own needs. My Tuesday 6:00am Pilates Xpress and my Thursday 9:30am mat Pilates classes will be changing to an “intermediate level/moderate pace” class this summer. Attending these classes is definitely one way to bring your practice to the next level. Email me for tips!

This summer; take it up a notch with Pilates! Watch for additional Jumpboard and Pilates Pump classes coming this summer at Fitness Incentive! BAM!

Pilates Pump (Pound Melting Pilates)

Questions? Contact her at: Dina@Fitnessincentive.com

Dina Voigt is a certified Pilates, Yoga & Spin instructor, as well as a certified Personal Trainer. She manages the Mind, Body & Spirit program at FI.
Actors, singers, and professional athletes are also making yoga more “male-friendly”. Ryan Gosling, Kareem Abdul Jabbar, Barry Zito, James LeBron, Adam Levine, Gerard Butler, and many more are demonstrating how yoga improves their game and overall health and wellness.

Want to read more? Check out these links...


http://kukhahnyoga.com/2010/02/04/45/

**MYTH #1**

**Lifting weights will result in a “bulky” physique.**
The biggest misconception is weight training makes women “bulky.” Lifting weights will build lean muscle mass and result in a toned, defined physique. Lean muscle mass is essential to good health! Muscle is your metabolic furnace. We lose muscle mass, bone mass, and our metabolic rate slows down as we get older. Consistent weight training builds and maintains lean muscle mass, increases bone density, and keeps your metabolism churning.

**MYTH #2**

**Flexibility will decline.**
Incorporate yoga with your weight training and you will see your practice improve, not decline. I practice yoga after every weight training session to keep my flexibility.

**MYTH #3**

**Weight training exercises and machines are scary!**
Not knowing your way around the weight room can be intimidating. I’ve been there! I started reading and researching. I asked a few gym buddies to show me around the gym. I hired a personal trainer to learn more specific exercises to gain my confidence in the weight room.

**MYTH #4**

**Women aren’t welcome in the weight room.**
At Fitness Incentive, many women already know that this one simply isn’t true. For those of you that don’t, remember, knowledge is your friend. The more you know, the more confident you will feel! Go in there with a purpose and a plan. Most guys will respect your space and your workout. I’m often the only girl in the weight room. I slip on my grips, tighten my belt, and get to work. Take that confidence and go lift! Take a look at all you have to gain:

www.bodybuilding.com/fun/franco7.htm

So Where Do We Go From Here?
Ok, so yoga and weight training are far more complementary than you thought. I have been blending the benefits of yoga and weight training with amazing results: better strength, improved body composition, fewer injuries, increased conditioning, and excellent recovery.

I came to Fitness Incentive with the idea for a new approach to personal training. And we would like to introduce you to Iron & Yoga Synthesized Training!

Iron & Yoga Synthesized Training is a unique training program integrating the best of yoga and weight training. How can you get started? Join an introductory hands-on seminar and get a taste of what this training program is all about! FI will be offering private, partner, and small group Iron & Yoga PT programs as well.

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(intense pulsed light) hair removal services at Incentives! This is by far the most effective and comfortable way to finally be free of waxing, shaving, or other chemical depilatories. With as few as six to eight IPL treatments you will be virtually hair free in your targeted treatment area. You won’t have to worry about regrowth or the pain from waxing any more. This is an ideal method of hair removal for the back, bikini, lip, chin, or any other areas that hair is considered unattractive and bothersome.

The machines for hair removal have evolved exponentially in the past three to five years. The new technology of medical grade IPL machines makes hair removal quick, easy, and virtually painless. IPL technology uses xenon flash lamps that emit full spectrum light. This light is polychromatic and the wavelengths range from 400nm to 1200nm. Our medical grade IPL machine filters out the wavelength that will heat the hair dermal papilla and matrix to the point of destruction. Hair must be in the anagen phase of hair growth for the light to be able to destroy the dermal papilla and matrix. However, only 15 to 20% of hair is in the anagen phase at any given time. That is why it takes six to eight treatments to accomplish permanent hair reduction.

Aesthetic IPL hair removal treatments are FDA approved and are considered safe and effective. This has become one of the most popular treatments for hair reduction because of the efficacy and ease of the treatments. A small area can be treated in as little as 15 minutes per session. Some clients may experience redness or swelling from the treatment, but that will only last for a few hours after the treatment. Your skin will return to normal and the regrowth of the hair will become less and less with each treatment.

There are many variables to consider with IPL hair removal, such as skin type, density of hair, and size of treatment area. These variables are different for each client. While the ideal candidate is someone with light skin and dark hair, current technology now allows all skin types to benefit from IPL hair removal. We welcome you to come in for a free consultation to determine the most effective treatment for you. We look forward to answering any questions you may have about IPL hair reduction and how it will benefit you.

**From Our Store to Your Door!**

Working closely with Dr. Donna Brown, Incentives has chosen to offer a select few essential supplements that are ideal for improving and maintaining a healthy body ecology. Hundreds of her patients have seen remarkable improvements in their health from following her nutritional advice and through the use of these supplements. (You can learn more about Dr. Brown’s nutritional philosophy, as well as her supplement recommendations, on her blog, “Optimize Your Health”: http://incentivespa.blogspot.com)

Until now, you had to stop by our “bricks and mortar” store to stock up on these incredible products. Now, you can order the very best of them with just a few clicks of your mouse.

**Threading**

Not everything that’s new at the spa is the latest technology. Some, in fact, are ancient. Take threading. You’ve probably heard some of the buzz about it. An ancient depilation technique which originated in India, Threading has recently become quite popular in the U.S. Threading involves twisting a piece of thread, usually cotton, into a double strand. This double stranded thread is used to pick up a line of hair and then remove it, creating a very clean, precise hairline. In fact, eyebrow threading is the technique preferred by Indian movie stars, who are often distinguished by their crisp brow lines. While it most popularly associated with eyebrow shaping, threading is also quite effective at removing all types of unwanted facial hair.

Incentives is excited to be offering Threading Services by our newest licensed cosmetologist, Janine Yanez. Why Threading?

Threading provides another option for styling as well as the removal of unwanted hair. Unlike tweezing or plucking, threading removes one clean line of hair all at once, making it much quicker and easier to shape the area.

**Calling All Men...**

While you may be inclined to think of the Spa as a “woman’s place,” truth is that many of the services we offer are equally attractive to men. The most obvious is, of course, massage, and we offer a full suite of modalities, from Swedish to Hot Stone to Ultra-Sports massage. Any man would love to receive one. But you might be surprised to learn how many men also take time to enjoy a facial, or hand off their personal grooming, from nails to unwanted hair removal, to a professional esthetician. And lets not forget basic hair care, including not just cuts, but styling as well as the removal of eyebrow threading is also quite effective at

**Threadbare**

The Spa is a great place for men, too. Give it a try - you’ll be surprised at how addictive feeling great can be!

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[Image of supplements with text: Oxy-Powder]

Heidi Manzo manages Incentives Organic Spa & Salon. Kathy Roccogrande is a long-time FI member and a professional esthetician at Incentives.
As both an Attorney and a Licensed NYS Real Estate Broker, Anthony Focarile is uniquely qualified to assist you with all aspects of residential & commercial real estate transactions, from finding or selling a home, to residential and commercial contracts, title search, and mortgage services. Mr. Focarile also provides credit counseling, foreclosure rescue services, as well as foreclosure searches and wills. Call today for a free consultation.

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In the Gym...  
Jessica Roberts, Personal Trainer

Jessica has an incredibly varied background - including competitive horseback riding, veterinarian, and certified Bikram yoga instructor with over 12 years experience. She also competes in figure and fit body competitions, is a certified personal trainer through NASM and certified health coach through the Institute for Integrative Nutrition.

Amazingly, it doesn’t stop there! Jessica adds that, “Currently, I am continuing my nutritional education and pursuing certification as a Registered Dietician at the University of New Haven. I am passionate about nutrition and how it influences and integrates into all aspect of our lives. I follow a vegan diet and I enjoy creating new recipes, trying new foods, and making healthy, flavorful, vegan cuisine.”

Jessica will be bringing a brand new approach to personal training to FI - “Iron & Yoga”, which synthesizes everything she has learned from both weight training and her yoga practice into an entirely new approach to training.

(see page 7)

Missy Dieli, Personal Trainer

A practicing Physical Therapist for 20 years Missy now joins FI as a certified Personal Trainer specializing in post-rehab training and postural restoration. A member for over 7 years, she was inspired by the energy at FI, its programs and incredible staff, to pursue her PT certification. Missy says, “I strongly believe that a healthy lifestyle positively impacts not only you, but your entire family. I train because I love it and because it makes me feel stronger, both physically and mentally. I am thrilled to have the opportunity to share that with others.”

In the Spa…  
Kathy Roccogrande, Esthetician

Many of you may recognize Kathy as she is a long time member of Fitness Incentive and the Babylon community. Kathy graduated from the New York Institute of Beauty and is a licensed esthetician and laser and IPL technician. She has also completed advanced training courses in microdermabrasion, PCA chemical peels and skin biology. She has received training in, and is excited to be working with, Eminence Organics skin care products. Kathy says that she is so excited to be working with Eminence. “The product line is remarkable both in its efficacy for treatments and as a home care product. I look forward to sharing the organic experience with our all our patrons.”

Mehgan Ioveno, Massage Therapist

Mehgan received her Massage Therapy License from the New York College of Health Professions in 2002 and has been working in the field since then. Her specialties include relaxation massage, prenatal and sports/ joint therapy. She is often seen outside the entrance of Incentives, where she gives dollar-a-minute chair massage…stop by and experience 15 minutes in heaven!

Janine Yanez, Threading & Hair Stylist

We are very fortunate to have Janine performing threading at Incentives. Janine has actually been threading since she was 8 years old. “Every woman in my family can thread,” she explains, “and I have also been utilizing natural and Ayurvedic beauty treatments and practices as my family is from South India.” Janine recently completed her studies of cosmetology at L.I.B.S. and has a mission: “To make sure that all my clients feel beautiful while maintaining the health of their hair and skin.” She’s well on her way!

Spa light, Spa Bright...

Incentives Organic Spa & Salon is not just a small island of serenity in the middle of the frothy FI sea, it is also a place where the cutting edge co-exists peacefully with the ancient. Last month we introduced you to one of the oldest hair removal techniques on the planet - threading. This month, we’d like to introduce you to one of the very newest - Intense Pulsed Light hair removal. Both have their purpose and their adherents, and both deliver exceptional results. And both are now available at Incentives (see page 4 for more). Also on the cutting edge are the new Age Corrective Collection from Eminence Organics, the leading organic skin care company on the planet. This new line introduces breakthrough ingredients that include natural extracts that mimic retinol’s collagen boosting power and green apple stem cells to help your skin cells turn over faster. You can actually feel it working, even after one application.

And then there is the march of technology. A couple of months ago we introduced online booking. Now, to make your life even easier, we’ve introduced our online store. You can now purchase all of Dr. Donna Brown’s highly recommended - and essential - supplements, with just a few clicks of the mouse. From our store, to your door. Progress – it’s a wonderful thing. Stay tuned for more, we’re just getting warmed up!

Get the Party Started…Spa Style

While we are speaking of the Spa, I should mention another new offering that has already proven immensely popular - Spa Parties. Whether it’s a formal organization or an informal bunch of friends, there’s nothing like having us cater to your every whim! Incentives will customize a suite of services for your group, as well as arrange for a relaxing and enjoyable event. If you’d be interested in us hosting such an event for your group, give us a call at 631-893-3490, or stop by the spa.

Get Your Socks Dirty!

Fitness Incentive is once again a proud sponsor of the 7th annual Babylon Classic 10K, affectionately known as the Dirty Sock Run because the course traverses the trails of Southard’s Pond and Belmont Lake State Park. Passionately organized by long-time FI member, Hapi Auer, the race is run to benefit the Clergy Cluster Food Pantries. This years event takes place rain or shine on Sunday, August 19th at 8 am. For more info visit their website: www.dirtoysockrun.com

Our Newest Personal Trainer: Vicki!

Many of you know Victoria Calderone from one or more of the roles she plays and excels at: front desk, café and, most recently and famously, group exercise instructor. Her “Dance Blast from the Past” class has become a huge hit. For those of you who have come to adore her as much as we do, we have some good news. She’s now a certified personal trainer, too! If you love her class, just imagine working with her one on one! Stop by the desk to sign up!
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