

# step up THE PACE

YOU CAN DO IT!

It's Monday and you're heading to the gym, just as you've done every Monday for the past year. You are not looking forward to the exercise nearly as much as you're looking forward to getting it over with. For many fit people, exercise routines become just that: too routine.

So how do you spruce it up, step it up, and make it fun again? According to local fitness experts, there are many ways to keep your workout fresh and interesting.

Gary Barker, fitness director at The Ponte Vedra Lodge & Club, says variety is the key. "You can't continue to do the same thing over and over again," he says. "Not only will you get bored, but also your body will become accustomed to the exercise and you won't see as much of a result." He says if you use the same muscle groups in the same manner every time you work out, you will reach a plateau.

"Change it up," he says. "If you run all the time, try the bike or the elliptical machine, or take an aerobics class." Even making small changes, like the amount of time you rest between sets when lifting weights or the order in which you work on certain machines, will help improve results and keep exercise interesting, says Barker.

Lack of results causes many



Gary Barker

people to become exercise dropouts. Barker says there are three factors that produce a lean body: proper nutrition, strength training, and cardiovascular activity. Many people focus on just one or two, he says, "But you need to pay attention to all three. You can do a lot of cardio and be a thin person, yet still have poor muscle tone. And the more muscle you have, the more calories you will burn, even when you are sleeping."

Barker's recommendation is to combine a cardio workout three times a week with three strength-training sessions a week. He says if you aren't looking to build a lot of strength, try circuit training, which alternates cardio with strength training in short intervals.

The concept of circuit training has made Curves for Women® a success. There are currently three locations at the beach: Ponte Vedra Beach, Jacksonville Beach, and Neptune Beach. It promises a total body workout, combining strength training and aerobic exercise, in just 30 minutes. "The workout alternates hydraulic resistance machines with aerobic stations, so you build muscle and strengthen your heart at the same time," says Sheila Connor, owner and manager of the three Curves for Women at the beach. Connor says members like it because the workout takes only 30 minutes



Sheila Connor

PROPER NUTRITION,  
EFFECTIVE STRENGTH  
TRAINING, AND  
REGULAR  
CARDIOVASCULAR  
ACTIVITY ARE ALL  
NECESSARY FOR A  
LEAN BODY.



and they don't get bored because of the frequent changing of stations within the circuit. "You are only at each station for about 30 seconds," she explains. Members can go whenever the facility is open; there is no need to wait for a class to begin at a specific time. Monthly membership fees are \$29.

For some, hiring a personal trainer keeps motivation high. "People are less likely to miss a session when they are paying for it and a trainer is counting on them to show up," says Jessica Wells, a certified personal trainer with 15 years of experience. She works in Ponte Vedra Beach and throughout Jacksonville, either at the client's home or at Bailey's Gym or Fitness Dimensions. Wells says it's important to be sure that a trainer is certified before hiring one. "It's also a good idea to ask if he or she has liability insurance. This protects both the member and trainer in the event of an injury." She recommends interviewing a few trainers until you find one who fits your personality type and goals. "Some trainers are like drill sergeants who will

Art & Soul  
An American Craft Gallery  
Jewelry - Art Glass - Fine Wood



CYNTHIA MYERS  
SAND CARVED VESSEL  
"HERON BOWL" 14" HIGH

1720 SAWGRASS VILLAGE DRIVE  
PONTE VEDRA BEACH, FL 32082

904.280.5778

Patrick Gabriel Gallery



"A Yellow Balloon Day" Oil on canvas



"Heron Marsh" Oil on canvas

Sawgrass Village Tu-Sat 12-6  
904.285.1020

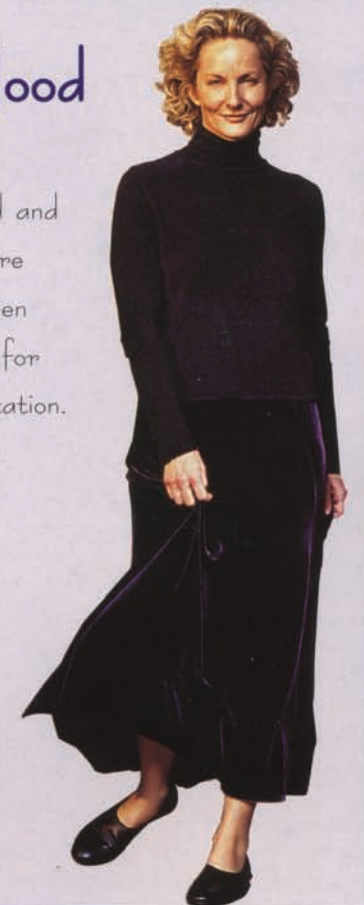
## Fall's Romantic Mood

The Fall '02 collections have arrived and the looks are modern, feminine and more flirtatious than ever. Select from Eileen Fisher, Votrenom, Tadashi and Mica for the finest in classic styling and sophistication. Fashions for women, men and children.

The Boutique Shop

Ponte Vedra Inn & Club

200 Ponte Vedra Blvd.  
Ponte Vedra Beach, Florida  
285.1111 Open daily to the public





Jessica Wells

really push you and that may work for you. Others, like me, start out gradually and build the intensity as the person's fitness level increases." She also recommends getting testimonials from clients when selecting a trainer.

Wells believes the reason personal training produces good results is because it is so individualized. "It is tailored to your own personal fitness history, goals, likes, and dislikes," she says.

"A good personal trainer will help you find what works for you and fits into your lifestyle." Most personal trainers charge between \$30 and \$70 an hour.

One of the most commonly overlooked aspects of fitness is nutrition. "Diet plays a major role in fitness. No matter how much you exercise, if you don't fuel your body correctly, you won't get the results you're looking for," says Mindy Benedict, M.S., R.D., and C.D.E, a registered dietitian with 17 years of experience. Benedict says it is important to eat a well-balanced combination of complex carbohydrates, lean meats, fruits, and vegetables.

Contrary to some popular diet myths, carbohydrates are essential to a well-balanced diet, especially for people who exercise regularly. Carbohydrates are important, says Benedict, because your body changes them to glucose, which is used by the muscles for energy. However, she says, "Make sure you are eating *complex* carbohydrates – such as whole grains, wheat, and pasta. Stay away from or limit simple carbohydrates such as cake, pies, and cookies." Your body uses 100 percent of complex carbohydrates as glucose; other energy sources – fat and protein, for example – are only partially used for glucose. People who exercise regularly should eat a diet containing 55 to 60 percent of calories from carbohydrates, no more than 30 percent of calories from fat, and the remaining 10 to 15 percent from protein.

"There is a lot of misinformation about nutrition out there," says Benedict. "The best person to ask is a dietitian, the only health care professional who is specifically trained in nutrition."

While all of these tips may help, staying motivated to stick with a fitness program can be tough. Most fitness experts agree that those who are most successful do not think of exercise as a one-time program. Fitness has to become a way of life, part of a person's lifestyle for long-term results and optimum health. ■

LIZ LAWRENCE IS A JACKSONVILLE-BASED FREELANCE WRITER WITH 15 YEARS OF EXPERIENCE WRITING AND EDITING CORPORATE COMMUNICATIONS. HER AREAS OF SPECIALTY INCLUDE BANKING, TRANSPORTATION, AND HEALTH CARE.

## HOW TO STAY MOTIVATED:

**VARY YOUR ROUTINE.** Allow yourself to do some new activities, maybe season-related, in lieu of your normal routine. Try swimming, water skiing, or water volleyball in the summer and hiking, biking, or jogging in the cooler months.

**GET A WORKOUT PARTNER.** Having someone counting on you to show up may help strengthen your commitment.

**KEEP YOUR ENERGY LEVEL UP. EATING RIGHT IS KEY TO A GOOD WORK OUT.** Eat a well-balanced combination of complex carbohydrates, lean meats, fruits, and vegetables.

**BUY NEW WORKOUT CLOTHES.** It may sound silly, but there's a practical aspect to proper athletic attire. Select clothes that are comfortable and move with you. Women should wear a supportive bra.

**SET NEW GOALS.** If you've mastered lifting certain amounts of weight or running certain distances, raise the bar!

**LISTEN TO SOME GROOVY TUNES.** Music is a great motivator. Find what gets you hopping and wear a headset.

**VARY THE TIME OF YOUR WORKOUT.** Who says you have to exercise every morning at 6:30? Try an after-work session or sneak in a workout during lunch.

**CONSIDER HIRING A PERSONAL TRAINER.** If you've reached a plateau, a personal trainer can help you incorporate new exercises with improved results.

## WHAT TO EAT BEFORE A WORKOUT:

Have some high carbohydrate foods like bananas, bagels, or fruit juices. These foods are broken down quickly and provide glucose to the muscles. The timing of this meal depends on your preference for eating before exercise, but researchers have found that eating something from one to four hours before exercise helps keep plenty of blood glucose available for working muscles. It is also critical to drink plenty of cool water before exercise to keep muscles hydrated.

Source: *Winning Nutrition for Athletes*

## NUTRITION GUIDELINES:

**EAT A VARIETY OF FOODS** to get the energy, protein, vitamins, minerals, and fiber you need for good health.

**BALANCE THE FOOD YOU EAT WITH PHYSICAL ACTIVITY – MAINTAIN OR IMPROVE YOUR WEIGHT** to reduce your chances of having high blood pressure, heart disease, a stroke, certain cancers, and the most common kind of diabetes.

**CHOOSE A DIET WITH PLENTY OF GRAIN PRODUCTS, VEGETABLES, AND FRUITS** to provide needed vitamins, minerals, fiber, and complex carbohydrates and lower your intake of fat.

**CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL** to reduce your risk of heart attack and certain types of cancer and to help you maintain a healthy weight.

**CHOOSE A DIET MODERATE IN SUGARS.** A diet with lots of sugars has too many calories and too few nutrients for most people and can contribute to tooth decay.

**CHOOSE A DIET MODERATE IN SALT AND SODIUM** to help reduce your risk of high blood pressure.

**IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN MODERATION.** Alcoholic beverages supply calories, but little or no nutrients. Drinking alcohol is also the cause of many health problems and accidents and can lead to addiction.

Source: *USDA*



Innovation and experience to tame the rebellious nature of your hair

**OLÉO-RELAX**  
KÉRASTASE NUTRITIVE

The ultimate nurturing and smoothing treatment system for dry and unmanageable hair.

Exclusively at Kérastase Consultant Salons

Available at:  
DARYL POWERS' SALONS & SPAS

115 Professional Drive, Suite 106  
Ponte Vedra, FL 32082  
904.285.7776  
www.darylpowers.com

400 E. Bay Street  
Jacksonville, FL 32202  
904.353.5300

KÉRASTASE PARIS

Recherche Avancée L'Oréal Paris.