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# Health

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## Fitness trainer urges three-way approach to wellness

By **LEILA SPEISMAN**  
Staff Reporter

**TORONTO** — Are there many resolutions that are broken as often as the one to get physically fit?

You buy a treadmill, join a health club, or get a jogging suit but soon the treadmill becomes an excellent place to sort laundry, the health club is just too far away, and the jogging suit is great to wear when watching TV.

Enter Jennifer Salter, a certified personal trainer who comes to your home or office to arrange an exercise program and counsel you on lifestyle changes.

"Exercise, eating a low-fat healthy diet and stress management are combined in my philosophy of wellness," she told *The CJN* in a recent interview.

Salter is certified by the American Council on Exercise (ACE), a member of the International Association of Fitness Professionals and a member of the National Strength and Conditioning Association.

As well, she has a BA in psychology from York University and a master of social work from the University of Toronto.

It is extremely important she says, that a trainer be properly

trained. "Otherwise, you don't know if they understand anatomy, kinesiology and biomechanics, and how to program safe activities for different health issues."

Many people have had negative experiences with exercise programs, and part of Salter's job, she says, is to help overcome that.

Body image counselling is an important part of the "wellness puzzle" as she describes it, noting that many women have a false notion of what they really look like.

Stress management is another factor, she says. "Pure exercise can help people manage stress, but there are often other issues involved."

Salter begins by setting up a consultation, "so [clients] can get a sense of me, decide if they want to work with me, and discuss health concerns, such as high cholesterol, high blood pressure, sports injuries, or back problems."

She completes a health history form and men over 40, women over 50 and anyone with health problems must obtain a physician's release.

Sessions cost \$50 each and take place from one to five times a week, depending on how motivated a person is to work on their own. "Of course, part of my job is to keep them motivated," she adds.



Personal fitness trainer Jennifer Salter demonstrates proper techniques for doing sit-ups to client Bill Windrem. [Barry Shainbaum photo]

The key to Salter's program is planning and maintaining a balance between three types of training: cardiovascular fitness, strength training (with weights, for instance) and flexibility.

She also teaches people how to exercise properly. "It is easy to make mistakes, she says, such as

using the back instead of the legs to lift weights, or performing certain movements that put the shoulder in danger.

"You can't do just one thing," she stresses. "Eating healthy is important, but if you don't exercise, you are still at risk — not as much, maybe, but you are still at a higher risk than someone who eats well and exercises."

Quoting a recent U.S. Surgeon-General's report on physical activity, she says a lifetime of inactivity is equivalent to smoking a pack of cigarettes a day.

Exercise has a myriad of benefits: a decrease in breast cancer in women, and a lower risk of colorectal, lung and digestive system

cancers, she says.

"A study by the [U.S.] Cooper Institute of Aerobics Research, showed that in a study of 10,000 men, there was a 44 percent decrease in the risk of early death from coronary heart disease, diabetes, hypertension, stroke and cancers for those who exercise"

Exercise can be intimidating for those who are new at it, she acknowledges. It is not necessary to have fancy equipment or an exercise room in one's house, Salter says, explaining that she carries equipment such as stability balls in her car. However, if people intend to carry on seriously, she advises them to get what they need, especially weights.

## New fellowships at Baycrest

**TORONTO** — Baycrest has been chosen by the Ontario Mental Health Foundation as its first partner in an innovative funding program to train mental health researchers in Ontario.

In an unusual type of collaboration, the organization will pool their resources to establish two post-doctoral fellowships at Baycrest's Rotman Research Institute. It is the first step in a new initiative to channel training funds through institutions as well as through grants to individuals.

"We chose Baycrest as the pilot site for this program because of its

adding to our understanding of the elderly and leading to better treatments," says Dr. Donald Stuss, director of the Rotman Research Institute. "They will also work on state-of-the-art technology used in

brain research. By collaborating on this type of educational opportunity, the foundation and our institute are ensuring that Ontario's young scientists are well trained to compete in today's world."

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