

Three 'Balance' experts

Patrice Cahill, personal trainer



PHOTO BY CHARLENE PETERS

"When is the best time to exercise," I asked Cahill. "In the morning or evening?"

When she stopped smiling at the most frequently asked question of a personal trainer, she replied, "Exercise is great at any time that you can do it."

Cahill, who once weighed 200 pounds before taking control of her life approximately six years ago, changed her career from a businesswoman specializing in international import to a personal trainer and Reiki practitioner.

We met twice each week for a weight-resistance program that

took place in my home. Along with her high energy and positive attitude, Cahill brought free weights, her medicine ball, yoga mat and a handful of resistance props for a varied workout during each visit, which always ended with a relaxing Reiki stretch.

As she guided me through each workout, Cahill explained how she was sculpting my body in whole, not in part, and how muscles work, all while standing inches before me, carefully watching my forehead coloration, as it drained of color when I was exhausted. She knew when to push and when to cut me some slack. I learned that before I stretch, a light jog in place makes my stretch more beneficial, leading to a better workout.

Our first session proved to be easier than I expected, but the next morning I woke up surprisingly stiff. I learned that weight resistance at least twice each week is essential to a balanced workout program.

Cahill is a progressive trainer. With each workout she increased the intensity, and at times, I could not believe some of the positions she placed me in, especially when it came to pushups. Yet, I was able to accomplish everything she mapped out for me, whether it was her authoritative tone of "C'mon Charlene, you can do it," or the fact that she would not count a rep if I didn't perform it in the proper form. Whatever the motivation, by the time Cahill left my home, I felt accomplished and re-energized.

Cahill is available for personal sessions, consultations and speaking engagements. For more information, e-mail gentlerosereiki@aol.com.

Alice Greene, owner of 'Fit Beyond 40' and 'Living Your Personal Best'



COURTESY PHOTO

Greene is known as America's Healthy Lifestyle Coach, and she shows people a fresh and proven approach to healthy eating, active fitness, self care and dream fulfillment. She guides people in creating healthy and positive lifestyle choices that are enjoyable and realistic so they more easily become a way of living. She offers a series of self guides, audios and coaching programs to individuals and corporations. She also co-hosts a radio talk show called, "Living Your Personal Best," that features women succeeding in maintaining healthy lifestyles. For her free report, "The 9 Life-Changing Secrets Every Woman Must Know," visit www.fitbeyond40.com or www.livingyourpersonalbest.com.

In a refreshingly nonjudgmental manner, Greene assisted me in realizing better choices by evaluating my food journals on a weekly basis. We discussed areas of improvement, whether in emotional eating, portion control or how to handle upcoming events. As it turns out, I am not an emotional eater, but was a mindless eater. As I got caught up in work, I oftentimes forgot to eat lunch, so by the time I arrived home for dinner, I would devour whatever I could grab, never gauging my level of fullness. Due to long periods between meals, my body settled into starvation mode, nearly halting my metabolism and prompting me toward unfavorable food choices. With a few glasses of wine added to the mix, I would oftentimes become gluttonous.



COURTESY PHOTO BY CHERYL FLYNN

Gloria Bakst educates Charlene Peters on how to read food labels and make healthier choices in her 'Balance Challenge' grocery shop at Whole Foods in Swampscott. Here she explains that a soy whip is a 'free' food.

Gloria Bakst, owner of 'Balanced Nutritional Lifestyles'

Bakst's grocery shop tour through Whole Foods was instrumental in my challenge, during which I have lost more than 15 pounds. I now have on-hand snacks such as roasted soybeans that are, in my opinion, better than popcorn. Bakst's goal was to assist me in broadening my horizons in healthy food choices. She even came to my home and taught me how to prepare artichokes, Swiss chard and red pepper, along with sending a steady stream of e-mails offering more food choices to try. Her book, 'Zone Perfect Cooking Made Easy,' provided me with recipes I could prepare on Sunday for the week ahead. I continue to enjoy her Apple Crisp and Turkey Burger recipes. Visit www.mybni.com for more information.

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