

# Rummaging with Rosie

BY ROSIE PRY

Believe it or not, Rosie, your rotund, rummaging reporter, is getting fit. My old German grandma used to say, "So soon old—so late schmart!" Remember a few columns ago when I was doing all the kitchen plumbing while sitting and laying on the floor because it was too hard to get up and down? Well, I decided to make some life changes. Nowadays, I prefer "Better late than never!" to "I have fallen and I can't get up!"

## Employers, a gift that benefits you and your employees!

**M**y second-youngest daughter works at a bank that brings in a personal trainer each Tuesday to work with any employees who want to take advantage of the program. According to the *American Journal of Health Promotion* (April 2004), corporate fitness programs like this have proven to save \$3.48 in health care cost for every dollar spent on wellness and fitness programs. My daughter got permission for me to join the group several weeks ago.

Judy Paris, with her partner Doug Sheppard, make up the J&D Fitness Group. They have a combined experience of more than 35 years in the fitness business and each holds the highest certification of Master Trainer through the American Council on Exercise (ACE), a nonprofit organization.

J&D moved its business to the Las Vegas area two years ago.

The essence of their personal training is strength workouts in your home, place of business or a nearby park, and not having to cope with snow-clogged winter traffic snarls is a big plus. The duo settled in Summerlin and the weather is one of the things they like best about our Valley.



PHOTO BY LIBBY HARTMAN

They use their BASIC. training principles to enable each person to reach her or his fitness goal. The acronym stands for Balance, Agility, Strengthening, Intensity and Core. They count one's progress by results not reps.

In the workout we make use of stability balls, bands, medicine balls and dumbbells. Judy is firm yet gentle with me since I am decades older than my workout mates, but she always pushes me to ask more of myself. I've also found how important it is to exercise with or without machines and equipment—properly! Doing a workout wrong is counter productive and can cause injuries. I've got to tell you, I feel such a difference. I learned I can pull in my aged belly! I actually feel better when I sit up and don't slouch! Not to say I don't still slouch. Retraining is a time-consuming process. I feel surer of foot and balance, stronger and more energetic. My posture is better and my exercise mates tell me it is so much less painful to watch me get off the floor now!

Personal training isn't just for corporations. J&D can offer expert instruction and encouragement to a team, a family, a couple or an individual. Any of these would be a wonderful Holiday gift of health.

Happy holidays, my fellow treasure hunters, receive a complimentary consultation with an elite personal trainer at J&D when you tell them Rosie sent you. Call 892-0400 for details. wo