

NOTES FROM LISA



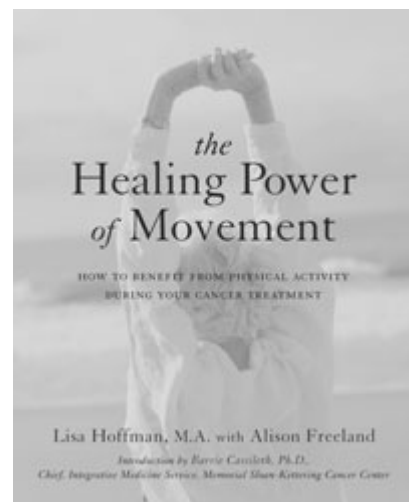
Welcome to 2002! We hope your holiday time was full of memorable moments and laughter and love. Wanted to share with you our enthusiasm about this new year. We have so many special events ahead of us, we're bursting! Please read on to see what we're up to and how this directly affects our relationship.

Here's to an active and healthy year!

Lisa

Hot off the Presses!

I've just written my second book on fitness, which has turned out to be quite controversial. The Healing Power of Movement is a step-by-step guide to help cancer patients begin to move again, feel more like themselves, and find an energizing level of physical activity. The big deal is that I've uncovered clear evidence that regular physical activity for cancer patients makes a tremendous difference in their daily lives and ultimately in their chances for full recovery. Instead of the conventional wisdom "Go home and rest" experts worldwide are recommending physical activity along the lines of "get out of bed, get dressed, and start moving".



Lisa's latest book (Perseus Publishing, 2002) is in bookstores now. Available nationwide and online at Amazon.com, Barnesandnoble.com and Borders.com.

Save the Date

To celebrate the launch of my book, I'd like to honor an organization that was helpful in developing my new exercise program for cancer patients. On **Thursday, February 28th**, I'm hosting a Cocktails and Comedy Benefit at the Gotham Comedy Club with proceeds going to Miracle House, a group that provides universally affordable housing and support



services to the visiting families and friends of people living with AIDS or Cancer. Miracle House is the only organization in New York devoted to helping these caregivers, many of whom could not otherwise manage the cost of staying in New York. Please come help me celebrate and support this very worthy cause. Your invitation will be arriving soon.



Mistress of ceremonies Sue Costello is currently performing her one-woman show "Tenacious" in New York City. You may have seen her before in her Fox show "Costello", "NYPD Blue", NBC's "Later", ABC's "Politically Incorrect" and Comedy Central's "Premium Blend". You may also recognize her as a former Solo Fitness trainer (way back).

Training the Trainers

Solo Fitness is committed to having the most fully-trained, up-to-date staff possible. Continuing education is an integral part of each trainer's professional development. Each month we have educational and hands-on workshops where we focus on a particular subject. Sessions are often conducted by various experts. Fall 2001 was busy.

- Because of the tragedy of **September 11th**, we re-designed our monthly training session. We began with a moment of remembrance, openly sharing our feelings about the terrible event in our nation's history. Then, in the spirit of Solo Fitness, we proceeded with a Reiki healing session, to help us all move on and better aid others during these unsettling times.
- In **October** we went to the studio of Debbie Parsons and Alec Helner, who specialize in body movement analysis. Britt-Louise generously offered herself up for a full-body analysis. This session focused on proper body mechanics. We learned strategies to help clients perform movement correctly.
- In **November**, we had our very own, Seth Swoboda lead a workshop on "Balance and Fall Prevention." Everyone came away with wonderful hints for helping stay vertical and stable. Seth also wrote an article on this subject which is currently posted on the Solo Fitness website.
- Dr. Eric Degis of Duke Chiropractic joined us in **December**, teaching us Muscle Energy Techniques and how to properly stretch those aching upper back muscles. And what's a December meeting without holiday cheer and cookies! We all had a festive and educational time.



UPCOMING TRAINER WORKSHOPS IN 2002 INCLUDE:

January with Lisa leading - case studies on challenges facing your workout session.

February with Massage Therapist Lynn Howard, focusing on relaxation and hands-on techniques.

March with Elizabeth Johnston instructing us on NIA (neuromuscular integrated action) which combines elements of dance, martial arts, yoga, Pilates, Feldenkrais and Alexander technique into a fun and motivating mind/body/spirit workout.

April with Michelle Marroquin back by popular demand to teach us all about Gyrotonics.

Trainer Updates:

Ever wanted to know what your trainers are up to besides training you?

Seth Swoboda led our Training the Trainers workshop in November on Balance and Fall Prevention... and wrote an article for solofitness.com on the same subject... Check it out

Elizabeth Johnston has been performing her one-woman play about BABE DIDRIKSON ZAHARIAN, and successfully raised over \$1000 for Adopt-A-Family program.

Tom McClendon ran the New York City Marathon in November with 30,000 other lunatics in the streets. He supported a good friend by helping her pace her first marathon.

Kathy Cole became a certified Gyrotonics instructor. Gyrotonics is a set of exercises designed by Juliu Horvath that work the muscles of the shoulders, spine and lower body in gentle circular movements to relieve tension and chronic stiffness.

Christine Zimbelmann recently appeared in St. Vincent's Players benefit production of Guys & Dolls, which raised over \$20,000 for the Child & Adolescent HIV Program at St. Vincent's Hospital.

Linda Notovitz has been teaching adult ballet and jazz classes and has led fitness adventures in Central Park for a 10 year old boy.

Britt-Louise Gilder rode her bike to Piermont and back on November 10th... 45 miles!

Anne Lilly was the Team Captain of The Wheeling Divashes for the MS Ride -60 miles strong this past fall.

Francesca Milde had a baby girl, Kobie Parker Tsiang on September 2nd, ensuring the next generation of Solo Fitness trainers. Three months after delivery, she lost 25 of her 35 pounds gained during pregnancy. Kudos to you!

All Martln received two grants for advanced study of sculpture at the National Academy of Design. In addition, her sculpture will be in a show open to the public at the Cork Gallery at Lincoln Center from February 9- March 12.

Solo Fitness® Inc.

Staff:

Lisa Hoffman, MA
President

CERTIFIED PERSONAL TRAINERS:

Marietta Arenberg
Michele Barkin
Kathy Cole
Sylvia Emmons
Linda Esposito
Britt-Louise Gilder
Ingrid Griffith
Elizabeth Johnston
Anne Lilly
Michelle Marroquin
Ali Martin
Tom McClendon
Fran Milde
Linda Notovitz
Seth Swoboda
Christine Zimbelmann

SOLO FITNESS, INC.
P.O. Box 1526
Madison Square Station
New York, NY 10010

212-505-5747
212-505-5538 (fax)
www.solofitness.com