



NOTES FROM LISA

It's official, we're an adult!

Solo Fitness just had its' 13th Birthday! It wasn't a huge celebration like I remember my 13th birthday. There were no speeches to make, hands to shake, difficult Torah portions to read, and not even a "kids" party. However, we are thrilled to have reached this milestone. Thank you for your support and confidence in using Solo Fitness for your health needs.

Lisa

Exercise and Medication

By Abra Nowitz

It would stand to reason that among the 3 billion prescriptions filled by retail pharmacies in 2001, that some of those consumers are also Solo Fitness clients. Drug companies are constantly doing research and development to aid a variety of illnesses ranging from depression to asthma to cardiovascular conditions. Meanwhile, we are also encouraged by health care professionals to maintain a regular exercise program and eat smartly.



Though there are a growing number of medicinal options for people with ailments, all come with some risk and side effects and often times, they can have an impact on your exercise program. Therefore, it is imperative that clients maintain an open line of communication with their trainer

about the medication they are taking, and changes in dosage or prescriptions. Equally important is a dialog with your doctor about your exercise regimen. Armed with this information, trainers can maintain a close eye on your heart rate and better serve clients in selecting exercises that are appropriate.

Currently, many medications influence heart rate and therefore have an impact on the methods chosen for monitoring exercise intensity. Other measures of intensity of your workout include rated perceived exertion (RPE) and the "talk" test, which are much more effective and accurate measurements than heart rate measurements for some clients. RPE is a scale of 1 (low) to 10 (high) simply asking how hard do you feel you are working? The talk test is exactly what it sounds like... are you able to talk while you are exercising?

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Solo Fitness trainers were visited by NYS Licensed Acupuncturist, **Cynthia Rose** who gave a lecture on her healing methods. Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning by stimulating specific points on the body with the insertion and manipulation of fine needles. In her practice, Cynthia uses the techniques



of *Meridian Acupuncture* and its counterpart *Acupuncture Physical Medicine*. Please contact us

to experience for yourself the benefits of acupuncture. We'll be happy to have you get acquainted with Cynthia's work.

Dr. Scott Duke and **Dr. Eric Degis** of Duke Chiropractic led two intriguing workshops on something that pertains to many of you. We reviewed various spinal conditions that can lead to chronic pain and immobility, which may also interfere with your workouts! These conditions are:

Herniated Disk: a disk is a strong gel like substance that provides a shock absorbing effect that dissipates compressive forces of the spine while allowing the flexibility required for performing normal activities of daily living. As the body twists, bends, flexes and extends, the discs are constantly changing their shape.

Spinal Stenosis: is a narrowing of the canal in which the spinal cord or spinal nerve is compressed, causing pain, numbness or tingling in the legs.

Spondylolisthesis: can be congenital or traumatic in origin.

It is a slippage of a vertebra, usually in the lower back. It causes a deep low back pain that is difficult to relieve.



Training the Trainers

If you have been suffering from any of these conditions, let us help you. With appropriate stretching and strengthening exercises, your discomfort can greatly diminish. For more information on Duke Chiropractic, please visit their website at: www.dukechiropractic.com

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Anti-Hypertensive Medication:

The 4 most common forms of medication to treat high blood pressure are: beta blockers, ACE inhibitors, diuretics and calcium channel blockers.

BETA BLOCKERS

Generic Name:	Trade Name:
Atenolol	Tenormin
Metoprolol	Lopressor
Propranolol	Inderal
Carvedilol	Coreg

Beta blockers (BB) are medications that reduce the workload of the heart and lower blood pressure. Because BB decrease both resting and maximal heart rate, using heart rate as a guide for your exercise intensity may be inappropriate. Therefore, subjective measures of exercise intensity, such as RPE and the talk test (being able to talk during exercise), should be used instead of a true heart rate reading. Some side effects may include: low heart rate, hypotension (low blood pressure), dizziness, fatigue and depression. Interestingly, studies have shown that mild exercise for clients who are taking beta blockers is important to combat symptoms of depression, not to mention to help the clients overall health and mood.

ACE INHIBITORS

Generic Name:	Trade Name:
lisinopril	Prinivil
enalapril	Vasotec
benazepril	Lotensin
quinapril	Accupril

ACE inhibitors relax blood vessels to decrease blood volume and as a result, lowers blood pressure. In most individuals, ACE inhibitors do not affect heart rate and exercise capacity. Therefore, no special modifications need to be made to an exercise program. Some adverse effects may include: headache, fatigue and post workout hypotension.

DIURETICS

Generic Name:	Trade Name:
hydrochlorothiazide	Esidrix
furosemide	Lasix
spironolactone	Aldactone

Diuretics increase the rate of excretion of water through the kidneys by decreasing the sodium re-absorption in the kidneys. Many diuretics also alter electrolyte balance and can contribute to low blood potassium (eat your bananas!). In most cases, diuretics do not affect heart rate and exercise capacity, unless exercise is performed in a hot, humid environment. Some adverse effects may include: post-workout hypotension, elevated blood glucose and arrhythmia.

CALCIUM CHANNEL BLOCKERS

Generic Name:	Trade Name:
diltiazem	Cardizem
verapamil	Calan
nifedipine	Procardia
amlodipine	Norvasc

Calcium channel blockers (CCBs), block the influx of calcium into cells. This relaxes the muscle in the walls of arteries, resulting in dilation of arteries. This, in turn, lowers the blood pressure and improves the blood supply to the heart. They also relax the heart muscle. Some calcium channel blockers decrease blood pressure so much as that a fast heart rate ensues. RPE and the talk test are the best way of measuring exercise intensity. Channel blockers are well-tolerated; minor side effects include dizziness, headache and flushing.

If you have any questions about your particular medication, please consult your doctor. Together with your trainer, you can begin and maintain a fitness program that is tailored to suit your medical and physical needs.

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Hellos

Jessie Hargrove – received his personal training certification from the National Federation of Professional Trainers. He is also a cardiovascular fitness instructor in many of the fitness centers in New York City. He enjoys working with clients on an individual level incorporating many of the vast components of fitness.

Roksolana Luchkan – "Roxy" teaches basic Hatha yoga (postures, breath work & meditation) as well as the currently very popular Vinyasa yoga (a flowing dynamic style with special attention to breath, alignment & meditation). Roxy is certified through the Omega and Nosara Institutes and internationally certified through Yoga Alliance.

Phoebe Miller - received her BFA in dance from University of the Arts in Philadelphia. She earned her Mat-Pilates certification from the Kane School of Core Integration. Phoebe creates sessions tailored to clients' fitness and lifestyle needs. She incorporates exercises from Mat-Pilates, yoga and dance.

Jessie



Roxy



Phoebe

