

## Could a personal trainer be right for you?

Doing my daily workout on the treadmill, I was people-watching and thinking about today's column. I was struck by the number of people using personal trainers. These are educated and often certified individuals who help, instruct and motivate people to exercise.

Given that only seven percent of adults engage in one hour of strenuous activity per week, 33 percent of adults engage in any form of recreational activity per week and 83 percent of Michigan high school students fail to meet the

minimum national standards for physical activity, the idea of personal training may not be a bad idea.

Why do people use personal trainers? After several interviews, it appears most people choose personal trainers to either enhance motivation, help recover from a specific injury or illness, train safely, and/or to track progress. Most exercise facilities have personal trainers available. Be aware, however, that not all instructors are certified.

Nationally certified trainers usually have a college degree in Exercise Science (or a related field) and/or are sanctioned by a national organization such as A.F.F.A., A.C.S.M., A.C.E., etc. Requirements for certification involve home study, workshops and examinations. These creden-

tials assure a certain level of competency. It is also important to realize that just because a person is in shape, it does not qualify him or her as a certified trainer. Any one can offer suggestions and tips, but a certified trainer has a knowledge base beyond most exercisers.

What type of people go to a personal trainer? Said Lori Burkow, a nationally ranked triathlete and personal trainer at the Birmingham Community Center: "People come to me for a variety of reasons. They may need to be motivated, improve their form, sport specific reasons, and general wellness."

Motivation seems to be a major reason for people to seek out personal trainers. We usually start an exercise program for extrinsic reasons - to lose weight, a physician recommendation, or some

other external reason. For exercise to become a lifelong commitment, it needs to become internally rewarding to us, or intrinsic. Burkow commented that one of her greatest pleasures is when a client that never exercised before working with her, continues for years.

When we envision a personal trainer, the image of a young, perfectly toned body comes to mind. However, I met Jack Millman, a 66-year-old personal trainer at the JCC. I recognized that being fit and knowledgeable is not age or body-type specific. Millman became a personal trainer out of his own frustration with poor instructors.

There is a major difference in training a young, athletic person as opposed to a senior citizen who never exercised," Millman said.

Understanding a person medically, socially and psychologically is the first step in building a rapport with a client. I watched carefully how Jack trained a 77-year-old retired physician. Instead of rushing to their workout, they first sat and talked about the week, from pleasantries to how his body was feeling. Slowly they walked to the first machine whereupon Millman illustrated proper form. Clearly, the rapport was evident. I asked this man why he hired a personal trainer.

"I lived a pretty sedentary life," he explained. "After my retirement, I wanted to become fit and spend more time with my wife. Since I didn't understand the machines, procedure and form, a personal trainer made sense." He went on to say that in two months "I have increased vitality,

strength, and lost weight and inches."

If you have been struggling with your exercise commitment or are recovering from an illness or injury, maybe you could benefit from personal training. Throughout my interviews, people seemed to be pleased with their personal trainers. In fact, as I was completing my discussion with Lori Burkow, one of her clients approached me to explain why she hired Burkow. She pointed to her Burkow-designed T-shirt that read: "The body will achieve what the mind believes."

(Dr. Keith Levick is a health psychologist and the director of The Center for Childhood Weight Management in Farmington Hills. You can reach him at 248-661-6625 or send him an e-mail at [levick@aol.com](mailto:levick@aol.com).)



DR. KEITH LEVICK

### OAKLAND COUNTY HEALTHY LIVING

#### Asthma discussion

Borders Books and Music in Farmington Hills will be the site for an upcoming discussion on asthma.

Steven V. Stryk, M.D., of the Novi-based Allergy and Asthma Center of Michigan, will give a talk on asthma at 7 p.m. Wednesday, April 8. Stryk is a board-certified specialist in asthma and allergic disorders who treats both adults and children.

A question-and-answer session will follow the talk. Books on asthma and allergies will also be available.

The community is invited. For more information call Borders Books and Music at (248) 737-0110. The store is located at 30995 Orchard Lake Road.

#### Seminar

Dr. Ruth Walkotter, D.O., M.A., and Connie Streffling, M.A., L.C.C.C. will lecture on boosting one's immunity naturally at an upcoming seminar. The two will speak at 7 p.m. Thursday, March 26 at The Trehouse for Earth's Children in Farmington (22906 Mooney Street). There will be a seminar fee of \$5.

Walkotter and Streffling will also provide the latest updates on chronic fatigue and fibromyalgia and teach coping skills. In addition, participants will have the opportunity to schedule appointments with Walkotter and counseling sessions with Streffling from 10 a.m.-7 p.m. on March 26 and March 27 at The Trehouse. For more information, call The Trehouse at (248) 473-0624.

#### Locked up

The American Cancer Society will conduct its 18th annual Great American Lock Up later this month. The popular event kicks off Tuesday, March 24 and lasts through March 27 at nine local jail-site locations throughout Wayne, Oakland and Macomb counties. For just \$25 you can have someone arrested... anyone. Call the Lock Up Hotline at 1-800-543-JAIL and you can put someone behind bars for a worthwhile cause.

The American Cancer Society will send uniformed police officers to "pick up" your requested prisoner, and the officers will arrest prisoners based on the requested charge. Upon arrival at one of the Great American Lock Up jail locations, they will be handcuffed, receive a mug shot and go before the "Judge." If found guilty, the prisoner will visit the slammer and make phone calls in order to get the necessary funds to get out of jail. If you know someone you want to arrest, call 1-800-543-JAIL.

#### Prime Time for Women

"Prime Time for Women", a daylong event offering an array of thought-provoking mini-seminars, will take place Saturday, March 21 at Botsford General Hospital's Community Room, 28050 Grand River Ave. in Farmington Hills.

The event, which will run from 8:30 a.m.-3:15 p.m., is designed for women who want to take time out to learn how to get the most out of their own "prime time."

The day begins with a continental breakfast and a few positive words from keynote speaker Kathy Toolan. Cost is \$25 per person which includes both continental breakfast and lunch. Registration is required because of limited space.

Call (248) 442-7986 for more details or to register.

(Healthy Living spotlights Oakland County-related health and medical news and information. To submit information, write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham MI, 48009. Or fax: (248) 644-1314.)

## Free seminar promotes active participation in one's own health care

BY CHRIS MAYER STAFF WRITER

Being diagnosed with a serious disease can be rather alarming. But Denise Jacob is there to help.

Jacob will conduct a free seminar entitled, "12 Reasons to Actively Participate in Your Own Health Care," on Thursday, March 19 at the Birmingham Maple Clinic. The event, designed to help patients and their families and friends understand the benefits of being actively involved in their own health care and learn steps toward forming effective partnerships with their health care providers, will run from 10 a.m.-8:30 p.m.



Denise Jacob

"There are psychological and physical benefits to being actively involved in your own health care," said Jacob, R.N., Ph.D., who is the founder and president of Health Decision Resources, a unique and specialized service of the Birmingham Maple Clinic. "It's an old adage called 'fighting spirit' among patients, and patients benefit from having a sense of control over their disease and treatment."

Health Decision Resources, established in May of 1996, has been affiliated with the Birmingham Maple Clinic since January. The service allows patients to privately consult with Jacob, who is a 20-

year nursing veteran and health information specialist. In turn, Jacob provides them with an intelligible explanation of their diagnosis, treatment options. She also helps patients understand the methods they have for making treatment choices.

To reserve a seat for the upcoming free seminar or for more information about Health Decision Resources, contact the Birmingham Maple Clinic at (248) 646-6659. The clinic is located at 950 E. Maple.

The Birmingham Maple Clinic, established in 1973 and presently affiliated with Farmington Hills-based Davis Counseling Center, offers a full-range of outpatient behavioral health services including individual, family, couples and group psychotherapy, health, community and professional in-service education; and therapy for patients with chronic illness and their families, play therapy, health psychology and more.

Jacob will also speak on making health care decisions and advanced care directives at an upcoming Chronic Illness Awareness Coalition (CIAC) forum entitled "Caregiving Options." Scheduled for the University of Michigan-Dearborn School of Management Building on Thursday, April 23, this forum will run from 6:30 p.m.-9 p.m. and educate persons with chronic illness and their caregivers about available caregiver resources in their community.

To register, call Debbie Adams Koraback at 313-266-6142.

## Crittenton plans health and wellness programs

Crittenton Hospital in Rochester is planning offer a variety of health and wellness programs in April. All classes will be held at Crittenton (1101 W. University Drive) unless noted.

**First Friday's Free Blood Pressure Checks:** Crittenton will offer free blood pressure checks from 9 a.m.-11 a.m. on Friday, April 3. To register, call Crittenton's Community Health Education Department at (248) 652-5269.

**CPFR:** Learn techniques to save adults, infants and children. An American Heart Association card will be given at the end of the class, which is scheduled for 9 a.m.-1 p.m. Saturday, April 4. There is a \$20 fee. To register, call (248) 652-5269.

**Just Between Us:** Sponsored by the American Cancer Society, this free self-help support group is for women who have had breast cancer. A Tamoxifen presentation will be offered by a Zeneca Drug Representative Wednesday, April 8 from 7:30 p.m.-9 p.m.. To register, call (248) 652-5269.

**House Calls:** Dr. Denise Zikowski will lead a free lecture entitled, "Common Headache Syndromes: Migraine, Cluster and Tension," Wednesday, April 15 from 7:30 p.m.-9 p.m.. To register, call Crittenton's Physician Referral at 1-888-80-

**4HEALTH**  
**How to Improve Your Memory:** A speech/language pathologist will explain how memory works, introduce simple ways to improve memory and provide an opportunity to practice memory activities during this workshop. This program is set for 1 p.m.-3 p.m. Thursday, April 16. The fee is \$10. To register, call Crittenton's Rehabilitation Services Department at (248) 652-6315.

**CPFR for Healthcare Providers:** This program, designed for physicians, nurses, EMTs, daycare workers and allied health professionals, will take place from 9 a.m.-2 p.m. Saturday, April 18. The fee is \$25. Call (248) 652-5269 to register.

**Women Today Support Group:** A great make-up artist/hair stylist will be on hand during a free program entitled, "Women and Improving Personal Appearance," set for Saturday, April 18 from 9:30 a.m.-11:30 a.m. Call (248) 652-5269 to register.

**Super Mom/Super Myths:** This class, scheduled for Monday, April 27, is designed to help moms with young families. Mothers will learn how to prioritize, share tips for finding guilt-free personal time, develop organizational skills and manage stress. The class will run from 7 p.m.-9 p.m. The fee is \$5. Call (248) 652-5269 to register.

## Chinese cuisine serves up plenty of healthy choices

Chinese food has been accused lately of being one of the less than healthy options when it comes to both eating out and cooking. Actually, Chinese food can be great for people who are watching their weight because many dishes are primarily plant-based.

The key is being able to recognize the healthy entrees from those that are filled with fat. You will find that many menu choices contain amounts of fat that are well under the recommended 10 percent of total calories. And these plant-based dishes provide plenty of complex carbohydrates, vitamins, minerals and fiber that are so important for good nutrition.

### TALK TO THE MIRROR



FLORINE MARK

**Portion control**  
You've seen some of the portion sizes at your favorite restaurant. They're huge! Some are even large enough to feed two to four people. Eat small portions and save the rest for the next day. Most Chinese entrees make terrific leftovers. It's also fun to order "buffet-style" and exchange your dishes with others at your table.

**Don't forget the rice**  
Always order steamed rice, not fried, to accompany your entree. And order brown rice instead of white rice, if it's available. A study conducted by the Center for the Public Interest on healthy Chinese cuisine recommends eating one cup of rice for each cup of entree.

**Interpret Chinese**  
Learning which choices are healthy and which choices should be avoided is easy. Just take a few moments to learn these key Chinese "phrases." These items are proven to be the lowest in fat, cholesterol and sodium: chicken chow mein; shrimp with garlic sauce; Szechuan shrimp; stir-fried vegetables; Hunan tofu; and steamed vegetables.

Foods to avoid are egg rolls, moo shui pork, sweet-and-sour meats, beef with broccoli, kung pao chicken, hot-and-sour soup, lo mein, fried rice and anything that says "crispy." Crispy almost always means fried.

Most Chinese restaurants categorize their dishes under general headings. The healthier dishes are normally found under the categories of seafood, soups, vegetarian and noodles. Some restaurants also mark their entrees as "heart-healthy." These dishes meet the guidelines established by the American Heart Association and contain 30 percent or less of their

calories from fat. "Buddha's delight" or "Buddha's feast" are other excellent choices since they are vegetarian.

**Use Chopsticks**  
Chopsticks are not only fun, but they hold smaller amounts of food than forks, so it takes longer to finish the meal. You'll have the opportunity to savor every bit and really enjoy your meal. In addition, eating slower gives your stomach a chance to tell your brain that you're full. Use chopsticks to slow down, eat less and enjoy more!

**Different types of Chinese**  
China has five main regions and each features its own cuisine. The regions are as follows:  
1) Cantonese - known for roasted and grilled meats, fried rice and bird's nest soup.  
2) Fukien - known for seafood and wide variety of soups.  
3) Peking-Shantung - famous for its subtle use of seasonings and light cuisine.  
4) Hunan - recognized for its sweet-and-sour dishes.  
5) Szechuan-Hunan - known for its hot and spicy dishes.

**Sodium watch**  
Both soy sauce and MSG are very high in sodium. Many restaurants now offer light soy sauce, which contains less sodium. If you're watching your intake of sodium, reduce or eliminate these.

**Home cooking**  
With the exception of deep-frying, Oriental cooking methods of stir-frying, sauteing, steaming, braising and roasting are easy and healthy. Here are some tips for optimum results when stir-frying:  
■ Cut ingredients into uniform pieces for the most even cooking.  
■ Preheat wok or heavy skillet over high heat.  
■ Add oil and tip wok to coat entire cooking surface.  
■ Allow oil to get hot but not smoking.  
■ Add meat, fish or poultry; as soon as it changes color, push it to the sides (or remove it) and proceed to the next step.  
■ Stir-fry vegetables only until they turn bright; they should remain tender-crisp.  
■ Stir sauce just before adding to wok.

■ Cover wok if necessary to complete cooking.  
■ Serve immediately.  
I read every one of your letters and I love your comments. Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles to "Talk to the Mirror." Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills, MI 48334-2974, or fax: (248) 553-7100.

(Florine Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)

**BY MAIL**  
Information can now be submitted via the e-mail route. Send announcements on upcoming events, story ideas, or general comments to staff writer Chris Mayer at: [cmayer@oe.homecomm.net](mailto:cmayer@oe.homecomm.net).