

Cleveland/Akron

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Health & Wellness

trends & technology to better your life

Move it

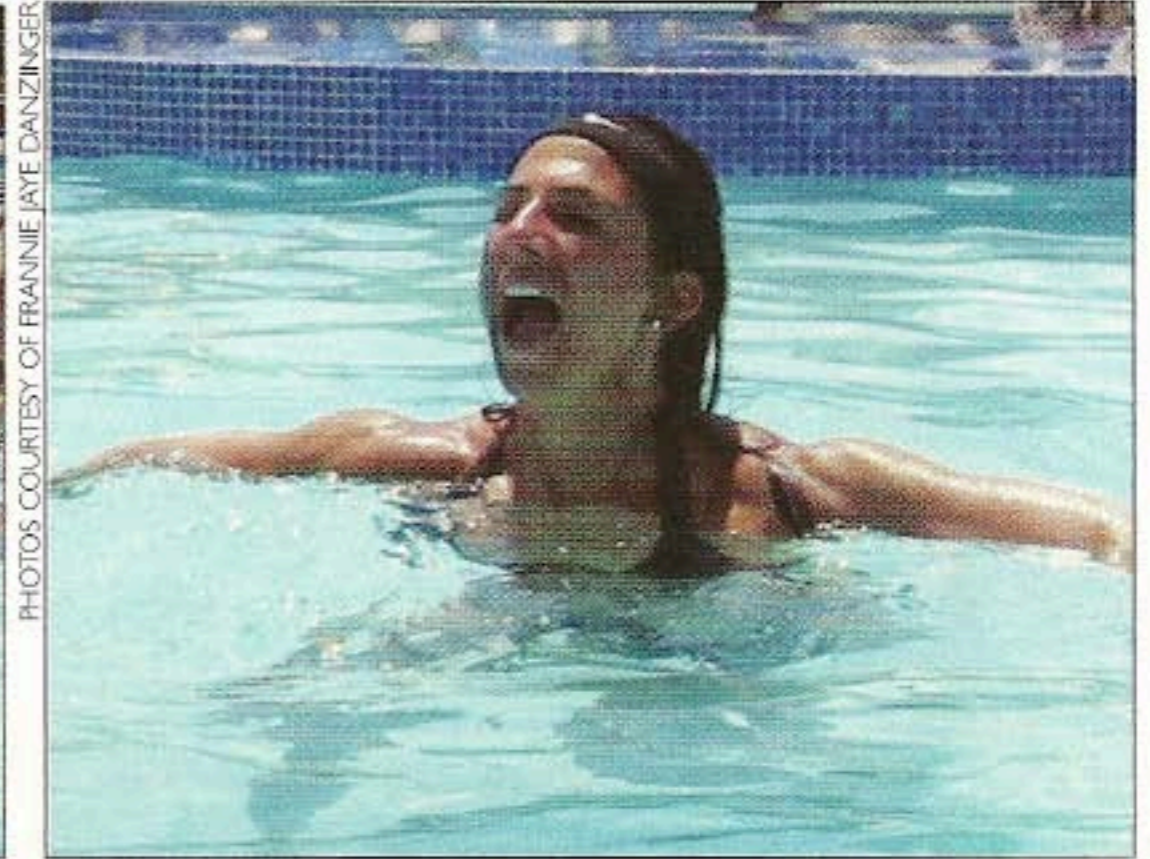
You can't afford *not* to exercise when times are tough.

"Exercise helps to manage stress and strengthen your immune system," says Frannie Jaye Danzinger, personal trainer and group fitness instructor. "And exercise-induced endorphins help to fight depression. Exercise also helps to build self-confidence and self-esteem, which can have a positive impact when someone is out of work and dealing with issues."

If a personal trainer or gym membership isn't in your budget, consider no-cost alternatives like speed-walking at the mall or running through the neighborhood or on park trails. Ramp up the intensity with strength-training intervals. "For example, every 100 steps, you can drop for a dozen push-ups or squat thrusts," Danzinger says.

Costing less than \$20, an Xertube is a smart choice for someone who can afford just one fitness apparatus. It's lightweight, portable and used to train every muscle group.

Don't assume you can't afford group classes. Some gyms and community centers offer reasonable drop-in fees, so you can supplement your usual free exercise routine with an occasional class. And many community education departments host group instruction; costs



PHOTOS COURTESY OF FRANNIE JAYE DANZINGER

You needn't travel to an expensive resort to do water aerobics. Do the same exercises on your own at the local pool.

Frannie Jaye Danzinger

are lower because participation doesn't require gym membership. Check availability with your city's community education department or recreation center.

Get a rub-down

Far from being frivolous luxuries, massages offer many health benefits.

"The economy is a great stressor, but massage can be a part of the whole wellness and prevention package because it calms down stress," says Mary Segretario, program manager of massotherapy at the Tri-C Eastern Campus. "Chronic stress leads to all kinds of diseases, like high blood pressure."

Feeling relaxed and rejuvenated after an evening massage helps

some clients sleep better, she adds.

People who can't afford salon massages – or would like to supplement some regular salon massages with a less-expensive alternative – turn to Tri-C's Massotherapy Student Clinic. Performed by students under the direct supervision of a licensed massage therapist, the 45-minute, full-body relaxation massage runs just \$25 – no tipping required!

Students, who complete over 1,000 hours of combined classroom and clinical time by the end of the degree program, perform 4,000-5,000 massages annually.▲

Nina Polien Light gets free nightly massages from her 10-year-old daughter.