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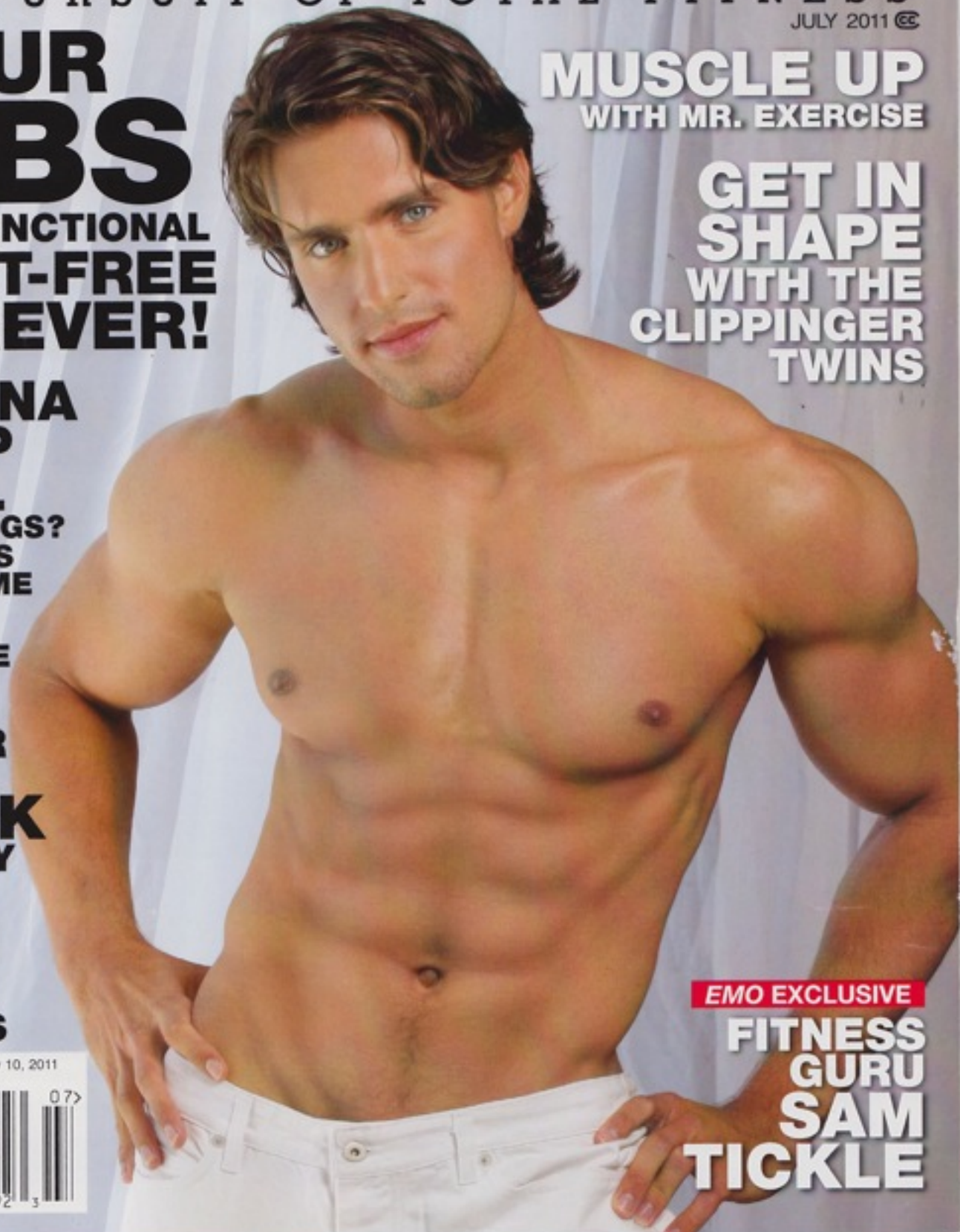
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PSYCHOLOGY

By Ellen Nalaboff

TRANSFORMATIONAL WELLNESS

The Complete Feel Good System

Fitness is all about empowerment . . . empowerment of the mind and empowerment of the body. Ultimate fitness cannot be achieved without control over both. My transformational program (The Complete Feel Good System) is based on a whole body approach to health. If you focus solely on training the body, you will fail. It is that simple. The main reason so many fitness programs are not successful is because the body is only one piece of the puzzle when it comes to total fitness. In order to succeed in any fitness program, your mind must get in shape, as well.

You can be the most diligent of exercisers. You can have the greatest fitness schedule, be trained by the best trainers money can buy and participate in a plethora of fitness classes. But if all you are focusing on is the physical aspect of your training, you will fail. Sure, you will get some immediate physical results, but as for long-term success, you will be doomed to failure.

Throughout my 15 years of fitness experience, I have watched people train hard every day and still have the same 10 lbs. to lose. Then there are the people who have been complaining year after



PHOTO BY JOWAN PHOTOGRAPHY

Ellen Nalaboff

ter. I help people realize their fitness dreams and goals by teaching them how to get empowered through health and fitness. My approach is comprehensive and motivational. I guide my clients toward transforming their eating and fitness patterns into healthy and rewarding lifestyle. High levels of support and accountability are key in my program.

If you have been working out hard and are still not seeing all of the results you seek, look first at what you are eating. Do you know how to nourish your body? All of the lifting and squats in the world will do nothing if your nutrition is poor. Many people think they are eating healthy, but they really don't know what the proper foods are to support

maximum strength, energy and vitality. I am a holistic nutritionist. An important part of my program is teaching you to feed your body what it needs to get the most out of your workouts.

Another very important piece of the whole-body puzzle is your mind. How you deal with stress and your ability to relax are just as important as your ability to strength train or complete your cardiovascular workouts. This is the piece of the puzzle that is most often overlooked in the fitness industry. My Complete Feel Good System

focuses on the mental components that are vital to lifelong fitness success. Feeling good about yourself and respecting yourself are the keys to succeeding in total wellness.

I have been certified by Deepak Chopra as a primal sound meditation instructor, and I bring this knowledge and teaching to my program. Meditation has been proven as a means toward overcoming challenges and stresses in your life. Once you can de-stress, you can learn to live in the moment and to "be present." Only then can you discover the incredible person you are. And yes, this will

lead you to be the most incredible physical specimen you can be.

Having a positive attitude and being able to live in the present moment, are the last pieces of the total fitness puzzle. My Complete Feel Good System focuses a great deal on the individual's unique qualities. The Chek Institute educated me in the role of being a life coach. I bring this knowledge to my clients and help them develop a clear vision of what they want and of how to achieve it. Being successful is not always about taking giant steps, but it's about making each smaller step the best step it can be. (continued on page 16)



PHOTO BY LES BYERLEY

year that they need more energy, but they never get it. The reason these people are not seeing the results they desire is because they are only focusing on the physical training aspect of their workout. I hold a black belt in Kenpo Karate and I use a unique combination of Eastern and Western philosophies when guiding a client in their quest for personal improvement.

My transformational program focuses on much more. And we get results – staggering, long-lasting, life-altering results. Few things are as rewarding as helping others transform their lives for the bet-

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CUTTING EDGE

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to pull all of this together — a great total body workout that is outdoors, moving and exciting. It is a thrill to look back and remember how it started now that we've shipped thousands of the machines around the world. Even Zimbabwe! But I have stayed in Minnesota, still loving the winter and the great outdoors. I always have two Rowbike's hooked up to my car — so give me a shout if you're ever in the Twin Cities and I'll take you for a 'rowl' around the lakes. You can tell me your fitness story and talk about my latest project: SkyRide Fitness (<http://www.skyridetechnology.com>). Great health to you!

Editor's Note: Scott Olson is the creator of Rollerblade and Rowbike and is also an environmentalist from Minnesota.

PSYCHOLOGY

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We cannot control our future, we can only influence it. Positive focus on productive small steps will help you build the amazing future you deserve and desire.

Through nutrition, smart workouts, meditation, life coaching, meaningful effort and lifestyle integration, we can achieve a powerful mind, body and spirit. In short, you can empower and take charge of your entire life and create a beautiful picture of yourself. And, you deserve it all.

Editor's Note: Ellen Nalaboff is a 16-year veteran and certified life coach and Pilates instructor with additional certifications in Primordial Sound Meditation from the Deepak Chopra Center, holistic nutrition and holistic health counseling. Ellen's Fitness Studio in Plainview, N.Y. (<http://www.ellensfitness.com>) is a one-of-a-kind destination for total life wellness. To learn more about Ellen's Complete Feel Good System, call 516-396-4521 or email ellen@ellensfitness.com to request a consultation in person or over the phone.

FEEL GOOD FACTS

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Eating well and exercising properly is the basis for natural vitality from head to toe. In my recently released e-book, *10 Naturally Energizing Eating Strategies for Fitness and Weight Loss* (visit <http://www.parkavenutrition.com>), I pres-

ent simple strategies to give your brain and body a boost. Choosing colorful foods, eating breakfast and heating up your meals with peppers are some of the nutritional choices one can make to naturally have high energy. Foods provide natural ergogenic aids by influencing hormone levels, providing proper hydration and supporting blood sugar levels and muscle building chemistry.

I am impressed with the trend of clients who come in for a consultation with an energy drink in hand as we begin our nutrition and lifestyle session. A mixed berry smoothy with green powder and hemp butter is more popular today. Yet, I listen to the reports of skipping breakfast, having a late morning three-mile run and then a large espresso coffee with four sugar packets and a muffin. I hear of late morning fatigue, afternoon headaches and digestive distress, sugar cravings, candy fixes, poor sleep and attention spans and irritability. Yet, the clients continue to ask, "How do I improve my energy level?"

Editor's Note: Lisa Cohn is a N.Y.C. nutritionist, founder of Park Avenue Nutrition and co-producer of the DVD "Living Room Yoga: Relax and Detox." Her nutrition and dieting advice has been featured in *Self*, *The Wall Street Journal*, *Newsday*, *The New York Post*, "MSN-BC.com," "Food Network," "NBC," "CBS" and "FOX News."

GYM REVIEW

(continued from page 46)

fruit and fiber blends), but you can also specify on the form when you want the drink delivered and what floor you'll be on to receive it. All of the different drink mixes you can order come complete with dietary information regarding how much protein, carbs, fats and calories are contained inside. Regular drinks such as coffee, tea, Gatorade and water can also be purchased here. This is the epitome of personalized service.

Once you stop by the Wi-Fi equipped juice bar, you can enjoy your food or beverage outside on the ninth floor terrace, which offers a terrific view of the city outside. This floor also offers massage therapy services, as well as chiropractic and physical therapy treatments, holistic body therapy and active release therapy.

So if you want the quality of a big time commercial gym and the service of a private workout facility, check out Lift Gym at 139 East 57th Street.

Editor's Note: To find out more information about Lift Gym, visit the website <http://www.liftgym.com>.

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