

gym to go

Forget finding time in the day to schlep to the gym—**Waist Management** brings the workout to you. Modern lifestyles are extremely busy, and many people have trouble finding time to join a gym, let alone motivating themselves to participate in a regularly scheduled workout. For others, they may not feel comfortable working out in a gym for a variety of reasons: they are embarrassed about their appearance, they prefer not to workout with members of the opposite sex, or they would rather not be distracted by other people. For all those reasons and more, Mary Christhilf visits clients in their homes, and sets up tailored programs to meet their specific needs. Mary believes in assessing an individual's needs on the very first visit to give her an idea of what types of goals each client has in mind, and the time frame for achieving those goals. Only after discussing the client's objectives does the workout begin. Her workouts include a combination of cardio and strength training with and without equipment—whatever is best suited to the client. According to Mary, clients can see results in as little as



eight weeks, and when they do, it boosts their self-esteem, motivating them to continue beyond their initial expectations. *Waist Management, Annapolis (410) 279-4422*—J.R.

yoga for you

Yoga may be all the rage these days, but the truth is, the practice has been around for thousands of years. However, for the beginner, yoga can seem intimidating, and joining a large class can be even more frightening. That's why **Simply Stronger** offers one-on-one and small-class exercise training and yoga instruction in a quiet, private studio that owner Debi McKibben says allows people to feel comfortable, confident, and successful. One-on-one fitness and yoga instruction can be beneficial for several reasons. It allows individuals to move at their own pace, exercise programs are designed around the individual's abilities, and goals can be set and closely monitored when other people are not around. Simply Stronger does, however, encourage students to join small classes and interact with other people. After all, the studio was created to promote a warm and inviting environment, and what better way to do that than with a group of people who have the same anxieties as you, and can support and encourage you. *Simply Stronger, 1610 West Street, Suite 204, Annapolis (410) 626-9787, www.simplystronger.com*—J.R.



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Look for the special section in the July/August issue!

Fitness facts

- Adults 18 and older need 30 minutes of physical activity five or more days a week to be healthy.
- 37% of adults report they are not physically active. Only 3 in 10 adults get the recommended amount of physical activity.
- Physically inactive people are twice as likely to develop coronary heart disease as regularly active people.
- More than 108 million Americans are obese or overweight, and are at an increased risk for high blood pressure, type 2 diabetes, stroke, sleep apnea, respiratory problems, and some types of cancer.

—From The President's Council on Physical Fitness and Sports



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