



## Active Wellness Works: *Exercise Encouragement*

by Nancy Cohen

Other than eating right, the most unwavering piece of advice offered by health experts is to exercise. Exercising can enhance the body's well-being, fend off disease, support healthier aging, reduce tension, and provide a sense of accomplishment. Despite knowing this, most people have difficulty being disciplined to work out on their own, let alone develop and maintain a consistent exercise program. Active Wellness Works, a local fitness company owned by Christina Yaworowski and Drew Lewis, seeks to change that by offering functional training (correct posture, breath, core stability, mind/body/spirit integration) infused with Wellness Coaching, an emerging field stemming from Coaching Psychology. It is not therapy or cheer-leading, although they do champion their clients. Wellness coaches help clients reach their full potential by creating a relationship that encourages them to generate and sustain positive change.

Among Active Wellness' fitness options are: Adventure Boot Camps (ABC)

or retreats for women (10-25 participants); Personal Training for men and women (one on one); semi-private (2 participants); and, small group training (3-6 people).

*"Exercising gives me the vitality to live a fulfilling and dynamic life."*

– Drew Lewis

ABC is a four-week program combining pilates, yoga fusion, kickboxing, agility drills, running/walking, affirmations, balance, strength endurance/toning, hiking, core stability and breathing. Participants work at their level of fitness and readiness for creating change. For some, rising at 5:30 to exercise may be a huge accomplishment. Others want to change eating behaviors and lose weight. Several work on stress management.

Personal Training and Wellness programs are offered for men and women as a significant way to achieve customized results. Because programs are individually tailored, all shapes, sizes and fitness levels are welcome. Concerns such as pregnancy, past injuries, or being new to exercise are taken into consideration. New clients get a fitness assessment and set concrete, measurable goals. Staff empowers clients to define and implement a sustainable program for increasing skills, creating possibilities for long term change that otherwise might seem too daunting.

For a fit body, Christina and Drew recommend exercises that are done in a progressive fashion with proper breathing, control, and form. One favorite foundational exercise is the plank pose:

1. Lie face down on mat resting on the forearms, palms flat on the floor.
2. Push off the floor, raising up onto toes and resting on forearms.
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis and contract your abdominals so your rear end doesn't stick up in the air.
5. Hold between 10-60 seconds, lower, and repeat 3-6 times.

Christina and Drew were both physically active since youth. All the same, fitness has been a journey for each of them. A bout with high blood pressure inspired Drew to focus more on health. Weight gain from a more sedentary lifestyle and unlimited cafeteria buffet in college lead Christina to begin exercising again. The duo met while working at a behavioral health hospital and began training together. Christina said she realized "I wanted to be well for myself, and for him. I started to think about what kind of role model I wanted to be for my future children. I found my internal motivation and continue to renew it as I grow as a person. I share this because internal motivation is the key ingredient to long term success." Active Wellness Works was born from a love of fitness, positive psychology,

nutrition, spirituality, nature and travel, and the desire to help others create the vitality, health, and peace of mind Christina and Drew have come to know and value. They suggest the best way to experience health is to give exercise a try.

Whatever your chosen exercise regimen, Christina and Drew offer the following tips for success:

- Get Honest. Looking for a quick fix, or sustainable change?
- Leverage your time. Working out doing multi-planar exercises creates muscular and cardiovascular benefit.
- Make a commitment and invest in yourself. Learning to exercise well is a skill taking time and practice.
- Get help. Don't go it alone. Just as you wouldn't cut your own hair, neither would you write your own exercise program. There is a science to program design and a professional can help you stay on track and motivated, ensuring you get stronger safely.
- Stay consistent. Make exercise a part of every day.
- Celebrate every success! Took stairs instead of the elevator? Pat yourself on the back. Every step counts.
- Be an Inspiration! Once you've reached a set of fitness/wellness goals, the best way to keep it is to give it away. Be a role model by living life fully. There is nothing more motivating than success!

Active Wellness is located in Revive Wellness Studio at 869 Whalley Avenue in Westville, CT, and reachable at 1.800.707.9580, or . Christina and Drew have backgrounds in psychology, are certified Personal Fitness Trainers, and have certificates of completion in Wellness Coaching. Christina is also certified as a group exercise instructor, personal fitness chef, pilates instructor, and spinning instructor. Drew is certified in adventure fitness, Yoga I and A.F.F.A Kickboxing, was a corporate franchise fitness director, and is a nutrametrix consultant for health professionals.

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