

Do Your Body Good – Exercise Options with a Personal Trainer

By Jill Hult

Today, more and more people are accepting that there are no quick fixes to getting and staying fit. Sure, you can still find a commercial or two about the latest and greatest diet concoction, but if you are serious about your health, you quickly learn that fad diets are appropriately named and pose serious risks to not only your body but to your self-esteem.

Teresa Williams is a local certified personal trainer with an Associate of Applied Science Degree in Fitness Technology. Teresa also received her National Strength and Conditioning Association – Certified Personal Trainer certification in 2006 (NSCA-CPT).

The decision to look at what programs were out there for a health and fitness career began when Teresa started going to the gym while between jobs in 2003. She noticed her body and mind changing for the better. She also noticed people started to ask for her advice about their fitness goals.

To our benefit, Teresa found the right program and has been offering her services as a personal fitness trainer ever since. She also offers a total body conditioning class.

For her personal fitness trainer program, Teresa offers a free consultation to talk about your personal fitness goals, background and health. She will design a program for you and discuss pricing based on your individual program. Most of the training is conducted at Terry's Gym, but Teresa will do in home programs as well.

In the Total Body Conditioning Classes, Teresa has designed it for twelve people but can accommodate more if needed. The class is being offered at a special rate of \$79 per month to help people adjust to the downturn in the economy without sacrificing their health. Classes are one hour every Monday, Wednesday and Friday at 8:30 AM or Monday and Wednesday at 6:30 PM or Friday at

12:30 PM. Classes are held at the Vernonia Grange. Teresa offers alternative class and payment schedules as well as a "consecutive decision" discount. Consecutive members can take \$10.00 off after at least three months (12 classes) enrollment.

The class is a circuit, boot-camp style class using free weights, resistance bands, body weights, physio-balls, and medicine balls. Every month Teresa will change the format to avoid boredom and plateauing. This class is good for every adult age range and fitness level.

Teresa's philosophy is that it is a healthy lifestyle change. She encourages her clients to work outside their comfort zone to ultimately achieve and maintain their fitness goals. "Realize that it took time to develop your current lifestyle, and you need to be patient and consistent in developing a new one," Teresa said. Don't "self-sabotage". If you'd like a treat, go for it, but in moderation, of course.

Teresa says the number one overlooked component of fitness is nutrition. People generally are not aware of what or how much they are eating until it is brought to their attention. The second would be flexibility. Teresa stresses the importance of stretching and increasing your flexibility which helps prevent injury and can also enhance your resistance-training workout with improving range of motion. On the flip side, it is just as important not to over train which can also cause illness and damage to your body. When strength training, a person should allow at least one day rest between muscle groups. Cardio can be done everyday, but change your intensities during certain sessions.

Remember, it's your body and your goals. Take it one step at a time. "Inspire yourself to be strong, con-

fidant and healthy"

For more information on classes and personal training programs call Teresa at 503-799-3424 or email her at fitnessbytw@netzero.com.

US Bank Has New Manager

The Vernonia Branch of US Bank has a new manager - Mary Carlson from St. Helens. Carlson has worked for US Bank for three years, quickly moving up the ranks from teller to personal banker and now to branch manager. As a Banker, she was a Star of Excellence winner meaning she ranked in the top fifty in all US

Bank branches nationwide. Carlson says she always strives to give the best customer service. "I want to make people comfortable and do what it takes to make my customers happy." Carlson says she also plans to be involved in the Chamber of Commerce in Vernonia and other activities in the community including judging this year's Jamboree Parade.



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