

# HEALTHY LIVING

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## *Are you as healthy as you can be?*

Learn the many ways  
women can maximize  
their health. Page 3

◀ Janine Tiede teaches  
'conditioning-infused'  
SloBody yoga.

**Can a better  
diet improve  
your looks?**

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## Female fitness

# Maintaining your health, wellness and nutrition isn't a luxury – *it's a necessity*

**By Melissa Perlman**

Special to The Palm Beach Post

Everyone knows the importance of being healthy. However, according to the U.S. Centers for Disease Control (CDC), 44 percent of women are not getting enough daily aerobic activity, 36 percent are obese and 33 percent suffer from high blood pressure/hypertension.

Studies show that life consistently gets in the way – especially for women. Kids. Family. Work. Other responsibilities. They all take priority over the exercise you know you should be doing. All that life is getting in the way of actually living healthfully.

### Fitness at Any Age

Despite the CDC's alarming statistics, millions of women are actually at least *trying* to exercise.

Janine Tiede, co-owner of SloBody (www.slobody.com), a conditioning infused yoga™ studio in Delray Beach, encourages her time-strapped clients by reminding them: “A little exercise goes a long way. It's like a domino effect. Once you start moving your body, the effects go far beyond building and toning muscle and losing fat. Not only will you start to feel better physically, it can lift the spirit, improve your mood and build confidence.”

That domino effect typically leads individuals to make better nutrition choices, nurture better relationships and just feel better all around.

Tiede points to time-crunched moms and female professionals as an ever-growing demographic that fitness facilities are now tailoring their programs to. “It's important to push our clients out of their comfort zones so that they are truly benefiting from the workout,”



Janine Tiede, co-owner of SloBody conditioning-infused yoga in Delray Beach, instructs a client in proper posing form. (Photos by Melissa Perlman)

Tiede says. “The benefits are life changing!”

### Nutrition

Eating a balanced diet is just as important in maintaining a woman's health and wellness. An ideal diet should contain lean proteins, whole grains, fruits, vegetables, healthy fats, and low-fat dairy, according to Ashley Preucil,



Ashley Preucil

Nutrition Educator at the Chiropractic & Sports Rehabilitation Institute in West Boynton Beach (www.drdauidrudnick.com).

“Good nutrition is not only important day-to-day but also for your long-term health and preventing disease,” she adds.

Preucil has a few quick tips for anyone looking to improve their overall nutrition:

- Grocery-shop along the store's perimeter (dairy, deli, meat and fresh produce)

- Avoid processed foods
- Eat five small meals daily
- Eliminate or limit your soy intake.

### Heart Health

Palm Beach County board certified cardiologist Dr. Arletta Marunowska (www.amcardiology.com) explains that being active is one of the surest ways to prevent cardiovascular disease: “For women, being fit helps all aspects of female health, including lowering blood pressure, cholesterol; decreasing the chances of being diabetic and obese – all of which are major risk factors for cardiovascular disease.”

According to the CDC, heart disease is the number one killer of women in America, but largely preventable and still significantly underdiagnosed. While women over the age of 65 and those with a history of heart disease in their family are more at risk, Dr. Marunowska points to the key tactics to decrease your chances:

- Exercise regularly

- Regulate your blood pressure and cholesterol
- Know if you're diabetic
- Eat lots of fruits and vegetables
- Maintain a healthful weight

- Treat yourself to heart-healthy treats such as dark chocolate and red wine

She also adds that it is critical for women to know the symptoms (including chest pain, fatigue, exhaustion, shortness of breath, lightheadedness, dizziness, upper back or gastric symptoms

abdomen, etc.), listen to their bodies and tell their doctor if they are feeling any discomfort

at all. “Women often have atypical and less dramatic symptoms – unlike men,” Dr. Marunowska says.



Dr. Arletta Marunowska



Writer/photographer Melissa Perlman is the owner of Blue Ivy Communications, coaches the boys and girls track and cross country teams at Spanish River High School in Boca Raton and competed last month, for the second time, in the Maccabi Games in Israel. (Photo provided)