

PHILLY'S TOP WORKOUTS

Philadelphia

PHILLYMAG.COM

Get Fit Like T.O.!

(Well, Almost)

LOSE WEIGHT!
»TONE YOUR ARMS!»HEAL YOUR ANKLE!

PLUS SEX ON THE STAIR-MASTER

A MAIN LINE TRAINER TELLS ALL

EXCLUSIVE: STEPHEN STARR'S NEW YORK GAMBLE
BY MAUREEN TKACIK

EAGLES STAR TERRELL OWENS

YOU AND YOUR SHOES: A LOVE STORY

BY IAIN LEVISON

All Your Fitness Questions Answered

How can I find a trainer who'll work with my schedule and interests?

Call Fitness Finders, a Main Line-based fitness consulting service that pairs up clients with trainers. You can reach them at 610-246-7194 or 610-613-9814. Cost ranges from \$65 to \$110 per hour, depending on the trainer, which includes the referral fee.

I want to install a state-of-the-art home gym, but I don't know where to start. Any ideas?

Our friends at Fitness Finders gave us two recommendations: Todd Altland of Atlantis Fitness Center, and Richard Barrack of Barrack's Fitness. Both create in-home gyms and do personal training. You can reach either through Fitness Finders.

I'm a runner. Where can I find people like me?

Philadelphia has no shortage of running groups, most of which hold weekly runs. Some of the most popular: Philly Runners (phillyrunners.org); the Wissahickon Wanderers (wanderersrunningclub.org); Bryn Mawr Running Club (runbmrc.org); Fairmount Running Club (runfairmount.org); and Frontrunners (frontrunnersphila.org).

How can I be sure my trainer knows what he's doing?

Workout injuries are a common problem, says Joseph Zarrett, a Center City physical therapist. Zarrett sees clients whose fitness programs end, not with rock-hard abs, but with broken-down bodies. Some tips:

- **Know what kind of shape you're in.** A physical will reveal any hidden cardiovascular or joint problems.

- **Know your trainer's credentials.** Ideally, you want someone who's a Certified Strength and Conditioning Specialist. The "C.S.C.S." after a trainer's name means he or she has met the requirements of the National Strength and Conditioning Association. (Other certification groups aren't as rigorous.)

- **Make sure your workouts are balanced.**

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FEBRUARY 2005 \$3.99



PHOTOGRAPH BY GREG HEISLER