

Fit

Tuning in a personal trainer

ExerciseTV offers hundreds of workouts — for free.

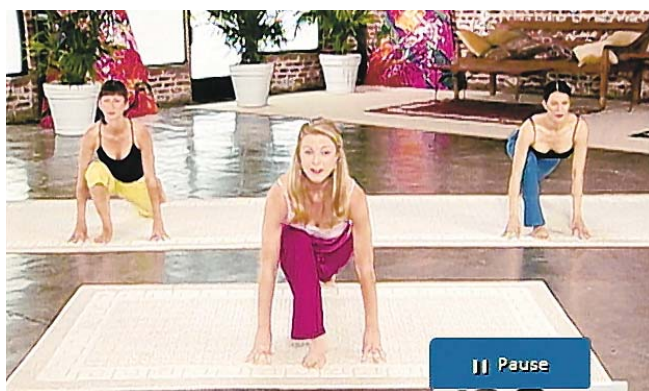
By Erin Chan Ding
DETROIT FREE PRESS

Two to four times a week, Holly Perkins works with *Entourage* star Adrian Grenier, putting him through sets of lunges and stepping exercises to keep him buff.

Celebrities have the means to dish out big dollars for Perkins' workouts — she charges \$150 for a 1½-hour private session — but you can access her fitness know-how free of charge on ExerciseTV.

Perkins is one of dozens of celebrity trainers, including Jillian Michaels of NBC's *The Biggest Loser*, who make shows for ExerciseTV (exercise.tv).

"I wish everyone in the world could have a personal trainer," Perkins says. "So I really try to personalize it like a private training session with



ExerciseTV, courtesy
Users treat ExerciseTV like a personal fitness library.



Holly Perkins is one of dozens of celeb trainers.



Workout with *Biggest Loser* trainer **Jillian Michaels**.

me and you in your living room."

Founded by Jake Steinfield of *Body by Jake* fame, ExerciseTV features hundreds of workouts for free. In addition to the Web site, it also is available through digital cable.

Check with your provider. It's a joint venture between Comcast, Time Warner Cable, New Bal-

ance and Jake of *Body by Jake*.

For anyone who doesn't have the money for a gym membership, or for those who "have kids and want to get a workout in early in the morning or late at night, we're good news," says Steinfield from his offices in Brentwood, Calif. "We get thousands of e-mails from women

around the country who are absolutely wild for ExerciseTV because they're able to have a life."

Unlike workouts on linear cable shows, users treat ExerciseTV like a personal fitness library, selecting a specific type of workout at any given time. They can pick from trendy, innovative exercises such as Power Bhangra, which is based on Indian dance, to core fitness routines that focus on abdominals and arms. Other categories include yoga, Pilates, kickboxing and strength training, and range from one minute to one hour.

Steinfeld started the channel three years ago; it rotates in 100 new shows each month.

"There's really no limitation if you want to work out," says Chris Mansolillo, general manager of ExerciseTV. "You can do it online, or on your portable device, or at home. The only thing you can't do is have the trainer fly out to your house. But they're pretty much there anyhow."

Ask Our Fitness Buff

I walk five miles every other day. Would it be a good idea to cycle on my off days? How many miles would you suggest I cycle? — Ozell White, Plantation

Instead of looking at miles, look at time. Sounds like you walk about an hour. An off-day, which bicycling would be, presumably would be a day with less of a time commitment. So, cruising around for 30 minutes (wearing a helmet!) a couple of days a week would be a good balance.

That said, Debbie Hickey, of the Sheinberg Family YMCA in Weston, also suggests some kind of strength training, either with a set of dumbbells at home, or a few body-weight challenges, such as push-ups, sit-ups or planks.

"Strength training is the secret weapon to increasing your metabolism," she says. "Following cardiovascular exercise, you experience afterburn and continue to burn calories for a short period following your workout. If you strength-train consistently, you add muscle, which is metabolically active [365 days], 24/7."

A pound of fat burns about two calories a day. A pound of muscle burns 35 to 50.

"Consistency is key. Strive for some moderate activity most days of the week," she says. "But most of all, have fun!"

— **Nick Sortal**

Have a question for our Fitness Buff? Go to SunSentinel.com/asknick or e-mail nsortal@SunSentinel.com.

Take action

Like dodgeball?

Pompano Beach is organizing a Spring Sling Dodgeball Tournament on May 30.

Participants must register at the Emma Lou Olson Civic Center, 1801 NE Sixth St., by May 28. The cost is \$10 a person, and you do not have to be a city resident.

The tournament will have 20 teams, composed of up to 10 adult male and female players, and take place at Pompano Community Park, 2001 NE 10th St.

For more information, call 954-363-3315.

— **Eddith Sevilla**

Want more?

See the complete Take Action calendar. SunSentinel.com/fit

CAMPING GEAR

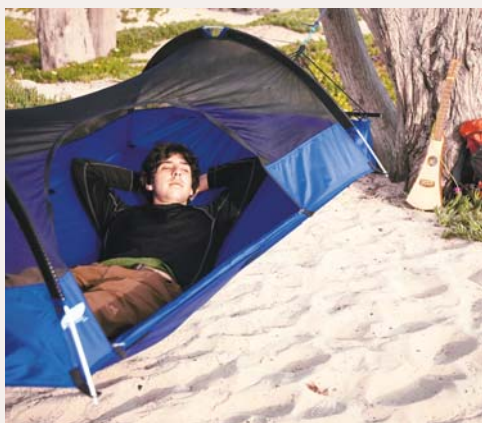
This hammock thinks it's a tent

What: Blue Ridge Camping Hammock

Cost: \$140

Where: lawsonhammock.com

Why buy it? This hammock has a tent covering, a top that zips up like a one-person tent. The lack of poles reduces the weight to 4 pounds, ideal for any trek where weight is an issue. The weight limit is 250 pounds. It's ideal for setting up camp when there's little or no bare ground or on the ground as a one-person tent. — **MCT**



QUIZ

Play a game of guess the calories

It's not specifically our job to make you feel guilty for indulging in dessert. It's merely one of the perks. Take our quiz about the caloric values of your favorite treats, courtesy of caloriecount.about.com. It's bound to spoil your appetite.

- Everyone loves pie. Which pie boasts the most calories per average slice?
 - apple
 - chocolate creme
 - mince
 - pecan
- Which pie has the most calories from fat?
 - apple
 - chocolate creme
 - mince
 - pecan
- If you wanted a piece of cake that is healthiest for you, in terms of calories, it would be:
 - chocolate
 - pound
 - sponge
 - angel food
- Want to whip up a Jiffy-brand muffin mix? Which has the fewest calories?
 - corn
 - banana
 - none of the above

Answers:

- c (mince has 477)
- b (chocolate creme has 197 of its 344 calories from fat)
- d (angel food has 72 calories, 2 from fat)
- c (both contain 160 calories)

Source: caloriecount.about.com
— **MCT**

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