



Q & A with personal trainer Kathy Caiello

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Fitness Q & A

Pioneer Health Club personal trainer Kathy Caiello tells all

Kathy Caiello was chosen for this column due to her longtime involvement in fitness, her experience as a personal trainer and her influence from fitness segments she did on NewsChannel 9.

Q: How early in your life did you become interested in fitness and what prompted your interest?

A: I've been interested in fitness for as long as I can remember. When I was about 10 years old, I would set up obstacle courses in my backyard to help some of my neighborhood friends get "in shape." I also have three brothers and a sister and we were always having contests such as running, arm wrestling, sit-ups, push-ups, leg wrestling, jumping rope, etc. The funny thing is, we still do.

When I was 7 years old, I became very sick with Scarlet fever and rheumatoid arthritis. I was so weak and scrawny (I weighed 30 pounds), that all I wanted to do was get healthy and strong so that I could leave the hospital and get back to school and a normal life.

Q: What was one unhealthy habit you had when you were younger that you wish you quit sooner?

A: Since I never smoked, drank or did drugs or even drank coffee, mine was a little different. I hardly slept growing up and I still don't get what I need. I know it's not healthy, but I'm working on it.

Q: Did you always want to be a personal trainer?

A: I studied dental hygiene and nursing in college. After college, I decided that teaching others to become healthy and fit was really what I wanted to do. I first became certified by the American Council on Exercise as a group fitness instructor,

'Exercise can be a natural anti-depressant... It also helps in disease prevention...'
 Kathy Caiello



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then as a personal fitness trainer and finally as a clinical exercise specialist so that I could also work with people with special needs.

Q: Is everyone in your family interested in fitness?

A: Yes. My sister Carm is an instructor for Gold's Gym in DeWitt. My brother Gregg is a personal trainer in Hawaii. My brother Lyndon is a natural athlete who played baseball and was

an outstanding wrestler. My youngest brother Bobby plays softball and soccer and also coaches a girls soccer team. My husband Joe plays basketball several times a week. My son Joe attends Binghamton University on a tennis scholarship. My parents are both athletic.

... see Q & A on page 25
 August 26, 2004

HEALTH & FITNESS

Q & A from page 2

Q: How many training sessions do you give per week?

A: Anywhere from 25 to 35 training sessions. I recently finished a group workout called "Camp Caiello." I trained this group at 5 a.m. six days per week for three months. It ran like a boot camp to get them in shape for the summer, as well as develop healthier lifestyles that they could maintain.

Q: What have you done to influence others to lead a healthier lifestyle? Do you feel that you have made an impact?

A: I'd like to think that I've made a difference in the fitness and health of my community. For the past 12 years, I have done fitness segments for NewsChannel 9. In November, Time Warner Cable's new 24-hour news station, News 10 Now, will feature my new fitness segment called "FitStop." I will bring useful information on health and fitness to the community through them. I also enjoy volunteering my services to different charitable events.

Q: What are different types of exercise? Which is the most effective?

A: There are three main components of exercise. These include cardiovascular, strength training and flexibility training. Since cardiovascular training is not very effective for improving optimal muscular strength, and flexibility training will not be effective for cardiovascular training, all three components are needed for optimum physical fitness.

Q: Should cardio always be involved in a routine?

A: If your goal is to improve your cardiovascular system, then cardio training would be the main focus of your workout. You can alternate cardio and strength training days if you choose. It's important to remember to stretch train two to three times each week, as well as stretch all the muscles that you worked that day.

Q: How important is stretching before and after a workout?

A: Flexibility can improve athletic performance, so a five- to 10-minute warm-up of the muscles that will be used is recommended before pre-workout stretches. Flexibility stretches are best conducted after your workout when the muscles are warm and more willing to lengthen. Properly stretching your muscles may decrease injuries and will improve muscular balance.

Q: How many times a week should you exercise? For how long?

A: Cardiovascular exercise can be done three to six times per week for 20 to 60 minutes, depending on the individual's fitness level and

the intensity they choose. The more intense the workout is, the less time is needed and vice-versa. Strength training should be done two to three times a week on non-consecutive days for optimal results. You can strength train daily as long as you alternate muscle groups so that you give them a chance to repair and rebuild. Flexibility training can be done five to seven days a week. Make sure the muscles are warm before stretching and you can hold the stretches from 10 to 60 seconds only going to the point of mild tension, not pain.

Q: If you can only get to the gym three times a week, what can you do at home every day that will help keep you in shape?

A: First of all, getting to the gym three times a week is good. You can get outside and walk, run, swim, bike, play with your kids or dog or anything that you enjoy. You can do push-ups, sit-ups and crunches, back extensions, squats, lunges, heel raises and triceps dips without any equipment during commercials of your favorite TV program (commercializing). Another favorite thing to do is rent or buy some workout videos. That way, you'll feel like you didn't even miss a class at the gym.

Q: How intense should your workout be? How much does your breathing have to do with

your results?

A: The intensity of your workouts depends on your fitness level. Beginners should start moderately and gradually increase the level of intensity as indicated for the individual. Breathing is one of the most forgotten rules. Inhale on the rest portion of the exercise and exhale during the exertion or the work phase. Muscles need oxygen to function properly and oxygen is needed to burn fat. So don't hold your breath when you're working out.

Q: How many sets and repetitions should you do?

A: Sets and repetitions depend on the individual's fitness level and goals. A beginner should typically start with one to three sets of 8 to 15 repetitions using light to moderate weight to first develop muscular endurance. If a person wants to develop more strength, they can gradually increase the weight, increase the sets and decrease the repetitions. When training for basic fitness the last few repetitions should be difficult but doable.

Q: How long does it take to see results? If you want to maintain results, do you have to continue to exercise for the rest of your life?

A: Seeing results usually varies with individuals. If a person is consistent with a balanced program,

they should begin to feel the difference in about three weeks and see some significant changes within about three months. Since fitness cannot be "stored up," it is necessary to keep working out for the rest of your life to maintain results.

Q: What are some motivational tools you would recommend to keep people going back to the gym?

A: Get a friend to join you and to help keep you accountable. Try out classes the club offers even if you never have taken that class. You may also try hiring a qualified personal trainer to give you different ideas on how to change your current workouts to keep them fun and effective.

Q: For those who have desk jobs, what are some suggestions for increasing activity at work?

A: Park in the farthest parking spot in the parking lot, so you can start your day with a brisk walk. You can also take the stairs instead of the elevator. Take periodic mini breaks at your desk to stretch your neck, arms, hands, back and legs. Get some co-workers together at lunchtime to go for a power walk before you eat your bagged lunch.

Q: What are some other benefits of exercise besides weight loss?

A: Exercise can be a natural anti-

depressant. I've witnessed people confidence and energy soar as they become more fit. It also helps in disease prevention (diabetes, osteoporosis and heart disease, to name a few).

Q: How does drinking water play into weight loss?

A: Drinking water gives you feeling of fullness so you may tend to eat less if you drink a glass before meals. Since it's calorie free, you will be reducing your overall calorie intake. Staying well hydrated will also prevent dehydration so that you can exercise more efficiently.

Q: Does exercise have to be paired with diet in order to lose weight?

A: No, but having a healthy, sensible diet along with exercising consistently, you will get results faster.

Q: What changes are expected for the new Pioneer Health Club?

A: Pioneer Health Club, which I've worked for the past six years, has a uniquely warm and friendly atmosphere. The new club will have twice the capacity and will have many new features. Among them, group fitness classes, state-of-the-art equipment, sauna and steam rooms, massage therapy, nutritional counseling and chiropractic services.

Editor's note: Pioneer Health Club is located at 6400 Collins Road. For more information, call 434-9444.

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