

Kathy Caiello's FitStop to appear at Oswego County Health Fair

Pilates, cardio kickboxing and total body strengthening are some of the exercise regimes to be demonstrated when Kathy Caiello's FitStop visits the 2005 Oswego County Health Fair.

Scheduled for Oct. 22, the Oswego County Health Fair will be held at the Fulton War Memorial, Route 3 West (West Broadway Street) in Fulton from 10 a.m. to 2 p.m.

The Oswego County Health Fair provides attendees with a unique opportunity to discover the latest developments in health and wellness, obtain valuable information through free health screenings and discuss pertinent health issues with a variety of health care providers.

The health fair will feature a special presentation from Caiello. Caiello is a clinical exercise specialist, personal trainer and group exercise instructor certified by the American Council on Exercise.

A fitness professional since 1979, Caiello has been doing television fitness segments for the past 14 years and recently hosted Kathy Caiello's FitStop, a fit-

ness segment on News 10 Now. She currently teaches a variety of exercises including yoga, pilates, step, cardio kickbox, aerobic dance, core and total body strengthening and works with 25-30 personal training clients each week at the Pioneer Health Club in East Syracuse.

"We are pleased that we are able to bring such an experienced exercise expert as Ms. Caiello to the Oswego County Health Fair," said Brandy Koproski, of the Rural Health Network. "Her informative and entertaining exercise demonstration will be a welcome addition to the fair."

Caiello, along with some of her clients and students will perform a number of exercises demonstrating cardio kickboxing, step, yoga and total body strengthening techniques. Her demonstration is scheduled to begin at noon.

The theme for this year's



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Health Fair is "Diabetes — Loving Life and Taking Control."

In keeping with that theme, the Oswego County Health Fair will also host a variety cooking presentations throughout the day. The cooking demonstrations will focus on easy preparation of healthy, diabetic friendly meals and snacks.

In addition, there will be a wide array of free health screenings available from the many health care providers that will be exhibiting at the fair.

The Oswego County Health Fair is sponsored by A.L. Lee Memorial Hospital, Oswego Health, the Rural Health Network, *The Palladium-Times*, Oswego County Opportunities, the Oswego County Health Department, the Valley News and the Oswego County Weeklies.

For more information on the 2005 Oswego County Health Fair, contact Koproski at 343-2344.