

THE COMMUNITY NEWS

VOLUME 32 ZONE 8

JUNE 2008

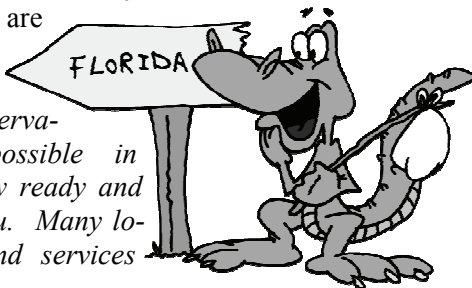
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SUMMERTIME & THE LIVING IS EASY

Ah summer, I'm somehow certain that the songwriter that penned the above lyrics had another geographical ideal in mind, NOT FLORIDA. *Let's face it into each life a little rain must fall and no one knows that better than the year-round residents of "The Sunshine State."*

Winters are Wonderful, The Spring Season Sensational and Autumn is Awesome, three out of four isn't bad, so I'm not really complaining, but get ready. With soaring high temperatures and humidity "good hair days" become a thing of the past. As we huddle in our homes with every door and window closed tight, the steady drone of our air conditioners becomes the new reality. **The hottest summer item, fashionable umbrellas, of course, OH NO, I'M DEPRESSING MYSELF!!** Lets look on the bright side, many say summer gives Florida back to the Floridians and they are right. When our seasonal residents leave, they take their cars. Eureka the roads are ours again. Many trendy new eateries, where reservations were impossible in "season" are now ready and eager to serve you. Many local businesses and services



are offering "off season" discounts that are absolutely fabulous !

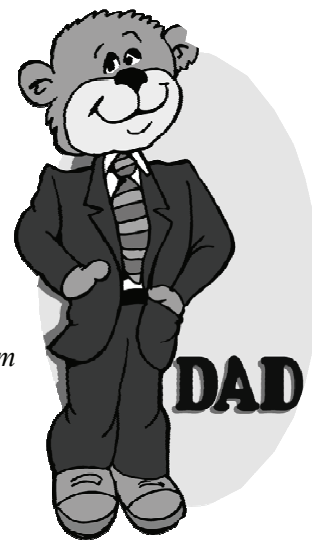
But then the stark reality, we also begin another hurricane season. I know we are all sick of the thought of yet another hurricane but we hope for the best and have to be prepared for the worst. *We are bar-raged with weather warnings and the overabundance of seminars and expert's predictions but in an abundance of caution we do have to make some preparations.*

How we wish we could ignore this less attractive side to Florida living but here are a few simple tips that we should all pay attention to...

Continued on page 8

It's that special day for a special man. Not only can you wish your Dad, but also anyone who is a Dad a Happy Father's Day

*A Dad is a person
Who is loving and kind?
And often he knows
What you have on your mind.
He's someone who listens,
Suggests and defends.
A Dad can be one
Of your very best friends!
He's proud of your triumphs,
But when things go wrong,
A dad can be patient
And helpful and strong.
In all that you do,
A dad's love plays a part
There's always a place for him
Deep in your heart.
And each year that passes,
You're even more glad,
More grateful and proud
Just to call him your dad!
Thank you, Dad..
For listening and caring,
For giving and sharing,
But especially, for just being you!*





From the editor...
**Goldcoast
 Community
 Publishing**

A celebration is in order...the *Community News* is four! What a wild ride it has been these past four years. We began by opening zones 1 and 2 in the Wellington Area. Our growth has been consistent and more zones were added as demand warranted. *This year we were proud to open Zone 10 serving a large part of Delray Beach and portions of the Boca Raton market.* Local businesses continue to see the value and the benefits of advertising in our publication. They are extremely pleased with The Community News and how it has improved their sales and community awareness.

Growth has also become an expected part of the Community News team and the success is not going to our heads. Our attitude is one of commitment and dedication with nothing being taken for granted. Endless hours are spent making sure that the publication is crisp, the zones are effective and that the reader is entertained and informed. As always, your comments are welcome.. Please forward any ideas you may have to us. We are always looking for ways to improve our publication for both our readers and advertisers. **Happy Fathers Day and may we offer my prayers for a tranquil and safe hurricane season for all**

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Send us your comments, press releases, stories, photos and original art work! As your Community News we will be happy to publish your up and coming events and announcements.

Spice Up Your Workouts With Interval Training

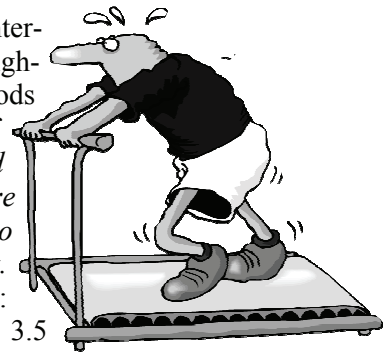
Using intervals can help keep your workouts interesting. There's been a lot of buzz recently about the benefits of Interval Training. So, you may be wondering what it really is and, more importantly, why you should incorporate it in your fitness workouts.



Well, if you want a workout that can help propel you to the next fitness level, burn more calories, increase your speed, improve your power and more, then it's time to learn more about this effective technique.

A simple definition of Interval Training is: short, high-intensity exercise periods alternated with periods of rest. *These higher and lower intensity periods are repeated several times to form a complete workout.*

Here's a basic example: walk for 5 minutes at 3.5 MPH, walk for 1 minute at 4.2 MPH and then repeat this sequence several times.



Most people spend their workout time only performing continuous training exercises. These are exercises where the intensity level is basically constant throughout. An example of this is walking at 3.5 MPH, at 0% incline for 30 minutes.

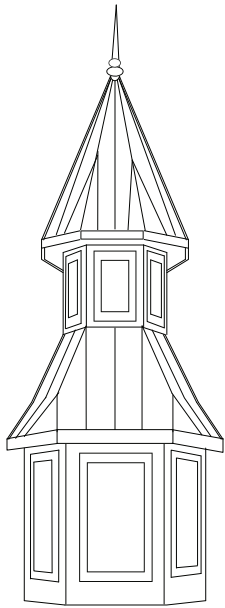
Continuous training is very effective and should not be eliminated from your weekly workouts. However, it's recommended that you include both Interval Training and continuous training sessions as part of your fitness regimen.

Why should you include Interval Training? As previously mentioned, there are many benefits to this type of training and execution is relatively simple.



Interval Training can help you improve cardiovascular fitness, increase speed, improve overall aerobic power, burn more calories, break-through a plateau, increase workout duration, reach new exercise levels, expand

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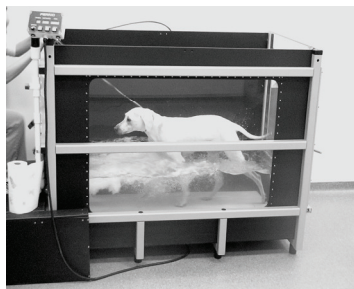


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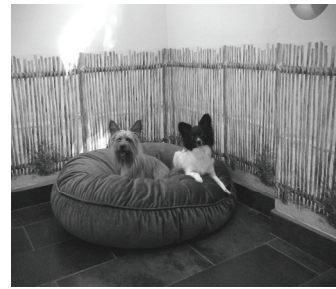
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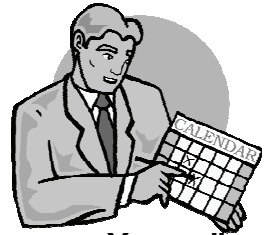
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EXERCISE: THE TRUE "FOUNTAIN OF YOUTH."

If you're like most people, you want to lose weight to help you feel better about yourself. Chances are, you see exercise simply as something you need to do to accomplish that goal. But here's something you may not know: this "necessary evil" approach to exercise may actually be preventing you from feeling better about yourself right now—even before the number on the scale or reflection in the mirror matches up with your ideal.



A simple attitude adjustment may help you start feeling a lot more comfortable and this, in turn, can make your weight loss journey a lot easier and more pleasant.

Making Friends with Your Body: There's no doubt that feeling comfortable in your own skin is an important part of that "feeling-good-about-yourself" goal, you're trying to achieve. But the more you learn about the roots of self-esteem, the clearer it becomes that what helps the most has very little to do with achieving some abstract ideal, like a certain weight or look. In fact, there are many cases where people work very hard on goals like this—and even achieve them—only to find that they're still unsatisfied and unhappy. *What does seem to have major, positive effects on self-esteem is the process of moving yourself—the right way—from where you are towards where you would like to be.*

Exercising the "Right" Way, for the "Right" Reasons: There aren't many bad reasons to exercise. Still, certain approaches will help you get a better self-esteem boost. *It helps a lot to tell yourself that you are working out because it is good for you and your body.* When you do that, you affirm that you and your body are friends—not enemies—and you open yourself up for healthy communication with your body, allowing it to tell you what you need. This will work much better than setting out just to burn calories.

- Don't just mark time. Make exercise a challenge and notice how you respond. The simple act of setting personal performance goals and watching you achieve them can work wonders. Keep a journal where you record what you do during your exercise sessions.
- **Turn some exercise time into playtime.** You are, among other things, an animal with a body that needs to play. Notice how happy and excited your dog or child is when he gets to go out and play—especially when you

Continued on page 16

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The American Heritage® Dictionary of the English Language, Fourth Edition. Houghton Mifflin Company, 2004.

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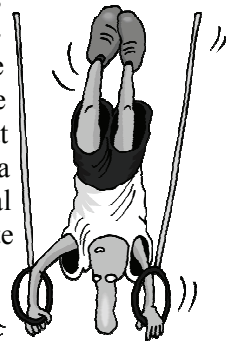
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Continued from page 2

your workout options and increase your workout threshold - just to name a few.

Plus, this training method has useful applications for beginners, intermediate exercisers and even conditioned athletes. There are two basic types of Interval Training. For the majority of exercisers (novices and intermediate) Fitness Interval Training methods are recommended. Athletes can choose a more advanced technique known as Performance Interval Training.

The Fitness training method utilizes periodic increases in intensity. Typically the higher-intensity levels range from 2-5 minutes in duration and are followed by lower-intensity periods that also range from 2-5 minutes. And, a critical element in Fitness Interval Training is determining the appropriate level for the higher-intensity periods. *This level should not exceed the anaerobic threshold (which is usually reached below 85% heart rate reserve).*

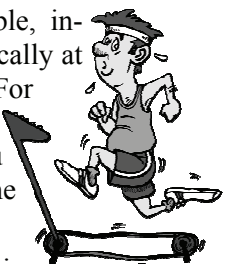


On the flip side, the Performance training technique involves periods of near maximal or even maximal intensity (e.g. >85% heart rate reserve - even reaching 100%). The higher-intensity levels can range from 2-15 minutes in duration and are followed by lower-intensity periods that also can range from 2-15 minutes in duration.

Don't let the two types of training and their ranges confuse you. Incorporating Interval Training methods into your exercise routine is actually quite easy. Since the majority of exercisers fall into either the beginner or intermediate category, we'll focus on getting started with those techniques.

To begin, choose the type of exercise: walking, jogging, swimming, biking, etc. Next determine your lower-intensity level. This is usually somewhere between 50-65% target heart rate. This will be your baseline, lower-level intensity. Then simply increase the intensity-level up to where you feel like you are working hard to very hard, *but avoid reaching a level over 85% target heart rate.*

If monitoring your heart is not feasible, instead use the RPE scale where 1 is basically at rest and 10 is working extremely hard. For example, if you find that when you are exercising at a comfortable level you rank a 5, then bump up to a 7 for the higher-intensity intervals.



You may choose to systematically raise and lower your intensity (e.g. 2 minutes lower intensity followed by 1 minute higher intensity and repeat) or you can alternate more randomly by raising and lowering the

Continued on page 19



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Know What Hurricane WATCH and WARNING Mean.

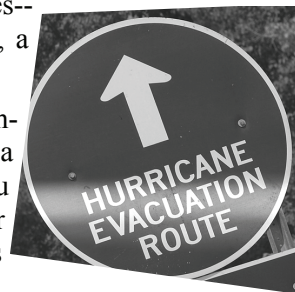
WATCH: Hurricane conditions are possible in the specified area of the WATCH, usually within 36 hours.

WARNING: Hurricane conditions are expected in the specified area of the WARNING, usually within 24 hours.

Prepare a Personal Evacuation Plan

Identify ahead of time where you could go if you are told to evacuate. Choose several places-- a friend's home in another town, a motel or a shelter.

Keep handy the telephone numbers of these places as well as a road map of your locality. You may need to take alternative or unfamiliar routes if major roads are closed or clogged.



Listen to NOAA Weather Radio or local radio or TV stations for evacuation instructions. If advised to evacuate, do so immediately.

Assemble a Disaster Supplies Kit

Including the Following Items:

1. First aid kit and essential medications
2. Canned food and can opener
3. At least three gallons of water per person
4. Protective clothing and bedding or sleeping bags
5. Battery-powered radio, flashlight and extra batteries
6. Special items for infants, elderly or disabled family members
7. Written instructions on how to turn off electricity, gas and water if authorities advise you to do so. (Remember, you'll need a professional to turn them back on.)

Secure documents long before a storm threatens.

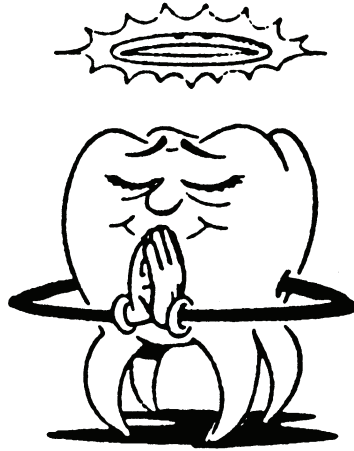
Collect important documents and put them in a waterproof container. Get them to a safe place preferably a safety deposit box. Include birth certificates, driver licenses, passports, visas, social security cards, voter registration cards for all members of the family.



Keep the kids informed.

It is very important that children know what to expect. A crash course in hurricane preparedness may cause panic.

Continued on page 19



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The Power of Aloe Vera

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Who can't remember when we were young our grandmother or mother would break off a leaf from her Aloe Vera plant and spread the soothing and cooling effect of the leaf's gel to a cut, burn or scrape.

Although many of the remedies that our grandparents or parents would recommend and use originated out of superstition rather than practical application, maybe *they did not even know the true magnitude of healing that lies within the leaves of the Aloe Vera plant.*

The healing power of the aloe plant is not just a recent discovery. Documents thousands of years old reveal that many cultures; from the ancient Egyptians, Greeks and Romans, to the Indian and Chinese people, referenced the use of Aloe Vera for both medicinal and beauty applications.

Historic physicians, all used Aloe Vera as a healing remedy. Cleopatra and Nefertiti, Egyptian Queens noted for their extraordinary beauty, even gave tribute to Aloe Vera as an important part of their beauty regiment.

Yes, even our ancestors recognized the benefits of the Aloe Vera plant. In 333 BC, his mentor, Aristotle, supposedly persuaded Alexander the Great to capture the Island of Socotra for its famed Aloe supplies much needed to treat his wounded soldiers.

Very few remedies are as versatile as Aloe Vera. Applied to the skin it can be used to treat external ailments. Clinical studies show that the aloe plant, often referred to as the Medicine Plant, speeds healing of damaged skin, fights infections, minimizes scarring, reduces pain, retards aging and moisturizes and retains moisture by carrying added emollients deep into the layers of the skin.

Consumers should always to look for the seal of the International Aloe Science Council when purchasing products boasting of Aloe Vera content. Many products claiming to contain Aloe Vera may have little, if any, Aloe Vera in their ingredients.

Since it is the concentration of Aloe in the product that makes it effective, trace amounts serve only to justify a producer labeling its product as "Contains Aloe Vera."

The International Aloe Science Council, a Texas based organization, provides certification of products as containing genuine Aloe. This organization validates the claims of producers as to the quality and quantity of Aloe Vera content in their products. Its use, as is the case with most other remedies.

Note: *The opinions expressed in this article are not intended to be considered as medical advice. It is always extremely important to consult a physician before using any type of medication or alternative treatment.*



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How often does the value you receive for the products and services you pay exceed your expectations because of that legendary experience?

Why have we become a society where profits are placed as a higher priority than people?

At Donna Marie's Gourmet Market we share our love for God by offering Him our gifts and talents to love and serve others. Our ultimate goal is that we help each other

realize that we are all part of God's glory story now and for eternity.

At Donna Marie's you will experience people who love people, serving you delicious food in a beautiful environment. We opened our doors on April 12th ready to serve our community. Our market features a full espresso/coffee bar; a bakery; a delightful deli featuring the world's best meats and cheeses; more than 100 prepared foods for all occasions; the finest fresh meat and fish; beautiful produce; great wines from around the world; and a hot bar/soup and salad bar for breakfast, lunch, and dinner.

Come on in and taste and see that the Lord is good. Our management team of Executive Chef Jose, Lee, Mark, Jim, Dave, Pam, Keith, and the rest of our partners look forward to bringing you legendary experiences. We are excited to be open and are ready to serve you.

Donna Marie's Gourmet Market is located at 8221 Lake Worth Rd. and can be contacted at 561-965-7575

*Marc Feinberg and Dean Torrenga
Owners—Donna Marie's Gourmet Market*



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Breakthroughs In Cataract Care

By: Lawrence B. Katzen, MD

*Advanced Cataract Surgery Now Offers
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There's never been a better time to be a CATARACT patient...or a CATARACT surgeon, than today. Why? For the first time in the history of successful Cataract surgery the lens implant technology is even more advanced, allowing patients to reduce or eliminate the need for bifocals and drug store readers.

For individuals in their 50s and above, we now have access to recently FDA-approved lens implant technology that is making the dream of glasses-free vision a reality. These revolutionary lenses use advanced designs to properly refract light as it enters the eye helping to restore a full range of vision. These include the Crystalens®, the ReZoom® and the ReSTOR® implants.

Cataract surgery is one of the most common and successful procedures performed in the United States. As we age, the natural lens of the eye begins to become cloudy. Driving can become more difficult, especially at night and colors may appear more faded. Reading can be frustrating due to frequent changes to the prescription glasses which may not improve the vision.

Utilizing eye drop anesthesia we are now able to remove cataracts providing an unparalleled level of safety and precision. There are no needles, no stitches, and no patches used with our advanced surgical techniques and lens implant technology. Our patients enjoy a rapid recovery, and are often able to resume normal activities as soon as the day after surgery!

You can be confident that there's never been a better time to restore your vision. For more information on Cataract Surgery with Advanced Lens Technology, call Katzen Eye Care & Laser Center today at our location in Boynton Beach at 561.732.8005, or in West Palm Beach at 561.688.1204.

Great News for **CATARACT** Patients

Today, cataract surgery at **Katzen Eye Care & Laser Center** has taken a dramatic step forward with the recent FDA approval of exciting new accommodating and multifocal lens implants. Now, regardless of your age, it's possible to restore more **youthful vision**...with little or no dependency on reading glasses or bifocals.

We also offer affordable financing options that will fit most any budget, so if you're above age 50 and experiencing changes in your vision, call **Katzen Eye Care & Laser Center** today to schedule your cataract evaluation and explore the beauty of restored vision!

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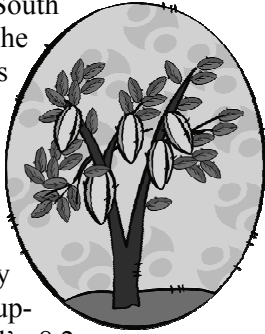
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THE NEW HEALTH FOOD? DARK CHOCOLATE...

The cacao plant is indigenous to South America's Amazon region. The Maya first cultivated its beans approximately 1,800 years ago. It is said Spanish explorer; Hernan Cortes introduced cocoa to Europe in 1528. Shortly thereafter, the plant made its way to Africa and Asia. Today the Ivory Coast, Ghana and Indonesia supply more than 70% of the world's 8.2 million ton annual cocoa bean harvest.



When it comes to chocolate, "Bitter is Better."

Cocoa beans are processed into cocoa solids and cocoa butter. The solids contain the antioxidants. The higher the percentage of cocoa content listed on a wrapper, the more antioxidants inside.

The purest commercial varieties, like unsweetened baking chocolate, taste bitter, which means that most chocolate consumed contains sugar. Most ingredients added to chocolate raise its caloric and fat content and lower its antioxidants. Milk chocolate also contains milk powder or condensed milk, which may interfere with the absorption of antioxidants. "White chocolate" contains cocoa butter, sugar and milk but no cocoa solids---in other words, **ZERO** antioxidants.



BENEFITS:

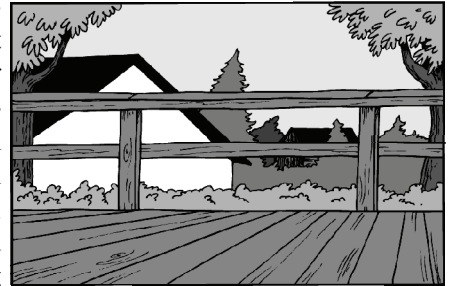
Regardless of age, recent studies have shown, dark chocolate may:

- Lower blood pressure by dilating blood vessels.
- Reduce the risk of diabetes by lowering blood sugar and insulin.
- Activate enzymes that eliminate cancer-causing carcinogens and mutagens.
- Reduce the risk of blood clots and strokes by inhibiting the clumping of blood platelets.
- Keep cholesterol stable or even improve them.
- Enhance cognitive function by increasing blood flow in the brain.

In conclusion, realize these benefits apply to healthy indulgers who also eat wisely and exercise regularly. Anyone with heart disease, diabetes, hypertension or weight concerns should always consult their doctor.

Decorating A Small Outdoor Space

The large wrap-around porches that you may remember from your childhood are rarely seen in today's modern homes. Instead, you're often forced to create an inviting living area on a 4'x6' balcony, a tiny vestibule, or a 10'x10' wooden deck.



What can you do to make a "little room" appear more spacious? *First, utilize the space for one purpose only. A small living area, inside or out, cannot be used for as many activities as a larger one.* Choose your priority and plan to use the space for that activity only. Be sure to keep traffic flow in mind.

- **Keep it simple.** You should minimize the number of elements (accessories, furniture, lighting) in the space. The furniture needs to be space efficient and low, but does not have to be very small. A single large accessory has more impact than several small ones, which tend to look cluttered. Make judicious use of blank space.
- **Create a strong, uncomplicated focal point** such as a bamboo water feature, a magnificent view, or a stunning wooden bench.
- **Unify the space with a topical theme.** For example, use shapes (many circles), material (all wicker), or color (shades of white).
- **Due to the limited floor space, be sure to make use of vertical surfaces.** Grow a vine over a trellis, install a small waterspout on a wall, or twist a series of tiny paper lanterns up a vintage pole lamp.

Here are a couple of simple ideas for small areas:

- Hang a mosquito net with a built-in circular frame from the ceiling of a balcony or porch. Drape the sides of the net over the railings. Inside, you can place a wicker chaise lounge, a small wicker side table and one large, lush tropical plant.
- Attach two large coats hooks to an outside brick wall. Purchase two inexpensive folding wooden chairs and a small wooden table. Display 3 tall potted plants against one wall of the space. Hang the chairs on the hooks when they're not being used.

Use your imagination and plan well and you'll enjoy your little room in a big way!!

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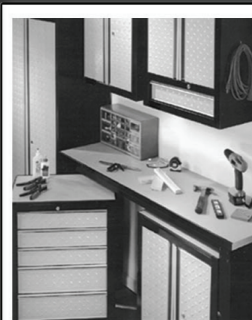
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SPICY BBQ SHRIMP RECIPE

Living in South Florida, we usually all can grill outdoors all year long. Still with the Arrival of summer and the kid's home from school, we tend to use our pools, get a tan, and use our outdoor grills more. Achieving the perfect barbecue, used to mean that "Dear Old Dad" would grill a mean burger or great steak. But today anyone can throw on a "Kiss the Cook" apron and grill an endless variety of foods. The following is one we hope you enjoy.

This shrimp recipe is great - the bbq shrimp gets "soaked/infused" with flavor, which seems hard to do with most marinades. You can even alter the original recipe slightly, using cilantro rather than parsley and not adding the super-hot sauce. The marinade time below had been extended a bit, but a couple of hours are adequate. This recipe easily scales up - I had 4.5 pounds of (Colossal U-16) Shrimp for six adults.

INGREDIENTS

2 pounds LARGE shrimp, uncooked, pull the skin/tails off
 1-cup olive oil
 1 lemon, juiced
 2 tablespoons hot pepper sauce
 3 cloves garlic, minced
 1-tablespoon tomato paste (I just use ketchup)
 2 teaspoons dried oregano
 1-teaspoon salt
 1 teaspoon ground black pepper
 1/4 cup chopped fresh cilantro (original called for parsley)
 "Dash" of super-hot sauce (be careful!)
 Add more Chili Powder if you like very spicy



DIRECTIONS

In a large bowl, mix together all of the ingredients except the shrimp. Let sit overnight at room temperature in a Tupperware container, shaking occasionally as the ingredients settle. This should really "infuse" the oil with flavor. Dip each shrimp in the marinade to fully coat, and then put all of the shrimp and marinade in a container and put in the fridge for several hours, flipping occasionally to distribute marinade.

While preheating your bbq grill, skewer shrimp. Put on the grill for a few minutes, flipping once. You should not have to brush w/marinade. Serve over rice, pasta, or as-is. **AS ALWAYS, BON APETITE!!**

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Continued from page 4

physically play together. There is a part of you that still feels the same way. This need doesn't go away just because you get older, become more serious, or are a little out of shape. The more exercise you can do in the form of sports, games, and other activities that are fun and rewarding themselves, the better. So be creative—turn some of those daily walks into roller-skating, ice-skating, golfing or Frisbee, racing with your dog, or even belly dancing!

Research shows that individuals who exercise feel better about themselves and their bodies. Once you start a workout program (or begin exercising for the "right" reasons), you'll soon experience the positive changes in body image that regular exercisers of all shapes and sizes enjoy. It's never too late to start. YOU WILL LOOK YOUNGER AND FEEL BETTER ABOUT YOURSELF! –Because exercise truly is the "real fountain of youth."

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A Woman's World

Eyebrow Waxing

Unless you have very sensitive skin, waxing is a quick and relatively easy alternative to plucking your eyebrows.

1) Preparing the Eyebrow

Brush the eyebrow into place with a baby toothbrush or clean mascara wand, so that their natural shape is neatly defined. Next, apply an astringent such as witch hazel to anesthetize the sensitive skin under the brow. Work out your natural brow shape by standing several feet away from a mirror, and following these simple steps...

Working out the length of the eyebrow

Hold a ruler parallel to your nose, and level with the inner corner of the eye, to work out where the brow should begin. If your eyes are close together, make the gap between the brows wider. If your eyes are far apart, don't wax the start line of the brow too much so that they are closer together. Mark the correct point with a dot.

Working out the curve of the eyebrow

You can work out where the highest point of the curve/arch should be by holding a ruler from the edge of the nostril past the outer edge of the iris (the colored part of the eye) and up to the eyebrow. Mark the spot with a dot. Now link up the dots in a gentle arch to draw on the ideal

shape of the eyebrow that you want to achieve. This will give you a guideline to go by when applying the wax. You should aim for a smooth arched brow that tapers slightly at the outer ends.

2) Applying the Wax

Buy a professional waxing kit - basically a jar or tub of wax which can be warmed up in boiling water and applied with a small applicator and removal strips. Each product varies slightly, so be sure to read the directions carefully.

Warm up the wax to optimum temperature and use the small spatula to apply a thin layer of wax to the growth. Make sure that you only use a small amount of wax on the spatula to avoid the wax dripping when it is applied. Apply wax with the hair growth under the eyebrow. You don't need to use much, and should not let the wax dry.

3) Removing the Hair-This is the painful bit! Ouch!!

Never wax above the eyebrow, only ever shape from below. Waxing from under the brow will widen your eyes and help to get the line even. This will make you look younger and more glamorous if done correctly! As soon as it is applied remove the wax against the hair growth. This is done by gently smoothing a piece of cotton muslin over the waxed area, pulling the skin taut with one hand, and pulling the muslin off with the other. *You will be surprised how much difference a little hair removal will make to your appearance.*

Continued from page 8

Pets

If you have elected to keep your pet at home try to make them as comfortable as possible. Provide a comfortable place to stay with familiar objects or toys.

Special Needs

An individual who may have special needs is anyone who may need specialized help during or even after a hurricane. This includes not just the elderly but anyone who has a disability or serious illness. For more information on this subject contact the Palm Beach County Emergency Management office at 561-712-6341.



After the Hurricane Is Over

1. Keep listening to NOAA Weather Radio or local radio or TV stations for instructions.
2. If you evacuated, return home when local officials tell you it is safe to do so.
3. Inspect your home for damage.
4. Use flashlights in the dark; do not use candles.

Finally, after the storm remember that returning to your normal life may take some time and a lot of patience.

Continued from page 6

level at your discretion. To increase your intensity, you may choose to change the speed, incline, or some other variable.

Interval Training can be especially helpful in situations where you are trying a new form of exercise. For example, this can be very beneficial when first learning to jog. If you attempt to jog continuously without building up to it, you will probably fatigue quickly and even give up.

However, if you begin with intervals of walking interspersed with jogging periods, the workout will be much more enjoyable and effective. Also, you will be more likely to stick with the program and achieve the end result - continuous jogging.

Now that you know the benefits of Interval Training and the basic techniques for it, why not give it a try for yourself? Not only will it provide health benefits and improved fitness levels but it is also a great way to avoid workout boredom. Plus, with Interval Training workouts often are more enjoyable, go by quicker, and improvement results come faster. So why not try spicing up a stale, run-of-the-mill workout with Interval options? You may even find yourself excelling in an activity you were skeptical of even trying.

As always you should consult with your doctor before starting any exercise program.

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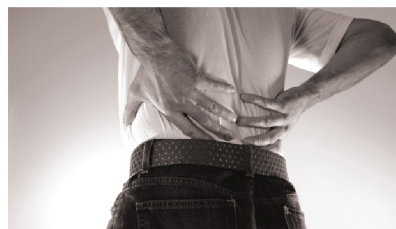


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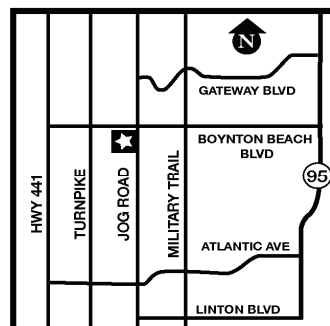
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