



From left to right: Angela Pappano,  
Denise Chiarello, Jane Harrison and Bob Gray

## DENISE CHIARELLO

# Make it WORK

The recipe for healthy living requires some sweat and determination

BY ROB HEYMAN

**As Denise Chiarello readily admits, before joining Gold's Gym Lawrenceville this year, she had no knowledge of nutrition and a very limited understanding of how to work out. The 48-year-old mother of three knew she wanted to lose weight and feel better but says she didn't have the know-how to make that happen.**

That all changed after meeting fitness trainers Bob Gray and Angela Pappano and nutritionist Jane Harrison.

"It's been phenomenal since I've joined," says Chiarello, who lives in Robbinsville, N.J. "I have fabulous workouts. They're incredible. They push me as hard as they can."

Before coming to Gold's, Chiarello did some workouts at a friend's house but decided to join the gym to create a more structured program.

That's when she met Harrison and Fitness Director Carolyn Lauer, who introduced her to Gray and Pappano.

A training program was established for her, bringing Chiarello to the gym three days a week. Bob worked with her on Mondays and Angela on Wednesdays and Fridays.

Since Chiarello's primary goal in the beginning was to lose weight (specifically 20-25 pounds), Pappano says she put her on a program that focused mainly on circuit training and endurance conditioning mixed with weights.

"How I structure the circuit is that I have three exercises I incorporate," Pappano says. "I always have one abdominal exercise, and then I usually put a leg exercise in and then another body part, maybe the back. I go through that two times, then do another triplet—another abdominal, then a shoulder, and a chest

exercise," adds Pappano, who also teaches BodyPump, Body Attack, Crunchtime, and Baby Got Back classes at Gold's Gym Lawrenceville.

In Chiarello's case, Pappano says a BOSU ball was used for certain exercises to improve balance and stability and to engage the core. To increase endurance, Chiarello was made to perform sprints, jump squats, jumping jacks and to run in place with dumbbells, among other exercises. (See page 23 for sample exercises.)

"In the beginning we would have her do more cardio to increase her endurance," Pappano points out. "She would get really winded, but after a month, she got really good at doing them."

Chiarello admits, "Just keeping up with it—the endurance—was hard. The first day I worked out was the hardest workout I ever had. Now, when they pull out that same

workout, that's my easy day. They challenge me all the time, which is good because you don't want to get bored.

"Both of them do a lot of core exercises with me because that's what I requested," she continues. "They're really good. They talk to each other, they work it out. They're really in tune with me and with each other."

Chiarello says a definite highlight of joining Gold's Gym was meeting Harrison, who helped her structure a healthy diet program.

"I had no knowledge of nutrition whatsoever," Chiarello says. "With Harrison, we talked about food. We talked about ingredients—things you think you should know and don't know. Jane [Harrison] talks to you so you can understand. She lays it out where a regular person can understand what she's saying."

To help her select healthier

# DENISE CHIARELLO

FEATURE

foods from the grocery store, Pappano and Gray took her to a local Whole Foods store and shopped with her. She was encouraged to lean toward more fruits and vegetables, and more whole grains as well as fish and chicken, which are high in protein and low in fat. Treats like ice cream were OK as long as they were the healthier variety.

"Instead of regular ice cream, we showed her soy ice cream," Pappano explains. "Soy is a good protein source but also much, much lower in fat."

Chiarello says incorporating whole wheat and whole grains into her diet, as well as some healthy fats, helped to keep her cravings down throughout the day.

"Whole grains and wheat have a higher nutrition content," Harrison explains. "You're getting more fiber, more vitamins and minerals, which is what you need to help fuel your day, whether you're working out or not. Those kinds of foods sustain you more. You feel more satisfied and your blood sugar remains more even and you're not constantly craving food. You feel really stable."

"We also talked about good fats to eat and incorporating nuts—things that a lot of people are afraid to eat because they think they're going to make them fat," Harrison adds. "In fact, small amounts of those are going to make you feel great and keep your energy levels up."

It's been several months since Chiarello started her workout program and she says she no longer pays attention to

how much weight she's lost or wants to lose, although she says she's down several inches.

"The weight loss is happening now, but that's not my main goal anymore," Chiarello says. "I don't even get on a scale anymore."

"I wake up in the morning and I come here first thing—it's something I have to do," she adds. "I've gotten really strong and confident. I have nothing but good things to say about it."

Chiarello says her newfound interest in keeping physically active has grown to include tennis, which she plays twice a week. In addition, she also takes boxing, and participates in GGX classes such as BodyPump and BodyCombat.

"I try to do something physical every day," she says. "I have a whole different outlook. It's important for me to keep doing things."

She says she even managed to get her two daughters and son, who range in age from 15 to 21, interested in eating right and exercising regularly.

"I even got my husband walking on the weekends," she says.

Chiarello adds that she doesn't see herself ending her personal training program any time soon, even after she hits her specific fitness goals.

"I don't see an end," she says. "Although I could do it myself now, I don't want to."

"I'm a plain, simple person that probably would have given up if I didn't run into three great people," Chiarello contends. "It was them that kept me going. And now it's me." ▲

## NUTRITION

### Healthy eating for the entire family



Eaching your health goals can be challenging if you have a family back home who isn't on board with your new

physical fitness program. Gold's Gym nutritionist Jane Harrison offers the following meal suggestions for getting the entire family acquainted with good nutrition:

■ **Breakfast:** Think whole grain or whole wheat when it comes to breads and cereals. Have a toasted whole wheat English Muffin with jelly or a whole grain waffle topped with a little maple syrup, fresh fruit or yogurt. Choose cereals that are high in fiber and make sure the sugar content doesn't exceed that of fiber.

■ **Snacks:** Whole grain crackers, like low-fat Triscuits, topped with reduced-fat cheese or natural peanut butter are tasty choices. A small bowl of whole grain cereal or yogurt containing some fruit or walnuts are a great way to tide you over before lunch or dinner.

On weekends, when schedules are less rigid, have healthy grab-and-go snacks available for you and the kids. Try a bowl of mixed fruit or whole grain tortilla chips.

■ **Lunch:** Choose a hearty salad with beans, lean chicken, turkey or leftover shrimp topped with a tablespoon of real olive oil with vinegar. Jazz it up with some artichoke hearts or black olives. If a sandwich is what you crave, go for a whole wheat pita with turkey, lettuce and tomato.

For the kids, tell them to steer clear of unhealthy fried foods like French fries and chicken nuggets in the school cafeteria. If there's a salad or sandwich bar, encourage them to get their lunches there and pick lean meats such as turkey or roast beef for sandwiches and soups and carrot sticks as accompanying items. For drinks, reduced-fat regular or chocolate milk are good choices for kids because they're high in protein and calcium. Be careful of bottled juices. Many contain as much sugar as soda.

■ **Dinner:** If your dinner preparation time is limited, consider cooking in bulk. This will provide leftovers that can be spread out over a couple days. Great bulk meals include turkey meatloaf, a pot of chicken chili or lasagna with reduced-fat cheese.

Consider the same healthy choices when going out to dinner with the family. If you're concerned about the nutritional content of the kids menu, order for them from the adult menu.

Avoid eating within three hours before bedtime. This will give the body ample time to digest the food and burn the calories.



**ONE-LEGGED PUSH-UP**

(LEFT)

- **You Will Need:** Stability ball
- **Benefits:** Upper body, core
- **Steps:** (1) Place your hands on top of the ball and your body at a 45-degree angle with the floor. (2) Balance yourself on your toes, then left one leg off the ground. (2) Bend at the elbows and lower your body a couple of inches off the ball. Then push yourself into starting position.

▲ **TRAINER'S TIP:** Tighten your core, and keep your back as straight as possible.

**PIKE WITH STABILITY BALL**

(BOTTOM)

- **You Will Need:** Stability ball
- **Benefits:** Abs, upper body
- **Steps:** (1) Walk forward on ball using hands to get in position. Place feet on top of ball and hands slightly wider than shoulder width (2) With legs and arms straight, lift hips toward ceiling, keeping feet in contact with the ball. Rest for a few seconds then lower to starting position. Repeat.

▲ **TRAINER'S TIP:** Look ahead or to the floor to prevent neck strain. Keep abdominals tight.

