

EXPERTS AGREE

BEST PLANS COMBINE FOOD AND FITNESS

BY DENISE MOLNAR

Diet and Exercise. They are as married as peanut butter and jelly or spaghetti and meatballs (unfortunate examples for this article perhaps.) Historically, the fitness and nutrition industry used to function fairly separately. In the eighties we used to pull on our leg warmers, jump around with Jane Fonda and the suck down a Tab. We rationalized that since we were working out, it didn't matter what we put into our bodies. The other half of us attended Weight Watchers meetings, and figured as long as we were counting our points, we didn't need to exercise. Along the way however, the fitness industry and the nutrition industry put 2-and-2 together. It made sense to incorporate all issues food with all issues fitness. Whether the goal is weight loss, rehabilitation or competition, your body needs the proper balance of physical activity and nutrition to get results. And if you're one of those people who prefer to take advantage of guidance from experts, you're in luck. Some of the best in the business are conveniently nearby—or can even show up in your own home.

Jeri Lynn Sunok of Fitness Intuitive is a trainer that has 30 years of experience. Jeri is interested in the whole person and not only focuses on the physical, but the spiritual as well. She is at once compassionate and motivating, taking an extremely personal approach. Jeri trains her clients in their home, turning everyday items into gym equipment. She might use your sofa for stretching or triceps dips. She might use the stairs leading up to your pool, or the pool itself!



PHOTO BY BLEU COTTON

The routine is never routine which cuts down on boredom, and proves that you don't need an actual gym to get a complete, rigorous workout.

The key to Jeri's nutritional advice is "mindful options". She doesn't subscribe to any one diet but instead prefers to assess each client separately and make recommendations based on their medical history, fitness goals, and genetics. Jeri starts by taking a complete profile and continues to adjust, modify and make suggestions based on her client's progress. Jeri strongly believes in the mind-body connection—"Happy mind, happy body"—and her unique approach is what motivates her clients to reach their health and fitness goals.



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