



SPOTLIGHT  
ON

# HEALTH and FITNESS



## Fitness Unlimited Opens Athletic Performance Center

By EMILY TAFT

Fitness Unlimited, located at 364 Granite Ave. in East Milton near the Quincy line, has opened a brand new Athletic Performance Center on the second floor of their facility.

"It was just natural progression to open the center," said President Paul Maduri. "We wanted to bring athletic training to a local facility."

The largest health club facility for women in the South Shore, Fitness Unlimited caters to an individual's needs.

"This is a well established facility," said Manager Beth Whitney. "Over the course of 30 years since our opening, we have grown leaps and bounds."

The new center has opened up a whole new area for the business, Whitney said. She said she also uses the trainers at the facility and they push her far more than she would push herself.

The center has been added to the lower level of the building, which also offers other programs for members, and non-members.

The new Athletic Center offers women the opportunity to work locally with personal trainers in a professional sports setting.

"We wanted to bring this kind of exercise locally," said Maduri. "We offer classes that are always unique and never the same."

One of the new programs that take place in the Athletic Performance Center is TRX suspension training.

TRX focuses on strength



**KETTLE BELL training is one of the new features of the Fitness Unlimited training programs. The training has been added as a part of their new Athletic Center just put in to the lower level of the building.**

and flexibility for the total body by implementing one's own body weight and manipulating gravity.

"This is an opportunity for women to increase their current fitness level," said Ann Marie Boylan, the director of Personal Training. "It allows them to sharpen their skills using the drills and training programs that professionals use."

The room allows for a number of participants to hang from the ceiling with the straps that are dangling above.

"It's not only a work out but the people in the class enjoy themselves as well. They form as a team in these classes," said Boylan. "We want to take everyone comfortably out of their comfort zone."

The new facility also offers medicine ball training, Barre training, rope work, and much more. The train-

ers utilize the different tools in the room consisting of kettlebells, 10 pound medicine balls, Bosu balls, and much more.

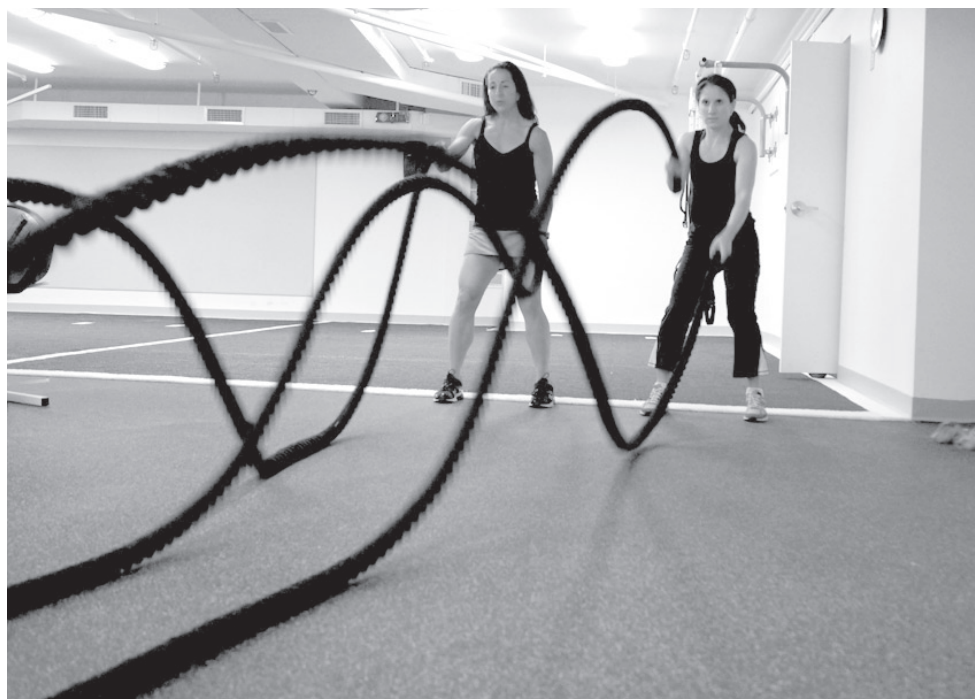
The new room, which looks like something out of the reality show *The Biggest Loser*, is designed for beginners and advanced participants. A turf floor covers half of the large room to create that athletic atmosphere and allow for sport like activities, while the other half is more of a cork type ground, allowing for participants to stick more to the floor while participating in exercises such as the ropes.

Each new class is an intimate setting of no more than 10 people, and one trainer, in hopes to cater to each individual's needs.

"Our hope is to become a well-known sports training facility," said Maduri. "The goal is to have an athlete we train here to place in the top three of a national competition, or even an Olympic one."

Maduri said they have already had some interest from some of the local sports teams wanting to do something in the off-season.

"We want to train the athletes," said Maduri. "We have a lot of drills we can do to improve their endur-



**AS A PART of the new Athletic center, Fitness Unlimited installed Ropes training in their new room. The new center is geared towards training athletes during their off season, but is also open to members and the public.**



**TRX TRAINING is a new program that Fitness Unlimited for Women now offers on the lower level of their building. The new program focuses on strength and flexibility for the total body by implementing one's own body weight and manipulating gravity.**

ance."

Kevin O'Neill's daughter, Carolina, has noticed a big improvement in her athletic skills after participating in the program.

"Carolina noticed a marked improvement in her speed as well as her cardiovascular conditioning after training with Ann Marie Boylan in the Athletic Performance Center at Fitness

Unlimited in Milton," said O'Neill. "The sports' conditioning has helped Carolina find out just how complete a player she can be."

Fitness Unlimited, on top of the new Athletic Performance Center, provides a variety of group exercise programs, from yoga and Pilates, to cycling, and boxing.

This new facility allows for clients and trainers to

work at a different level. Fitness Unlimited offers more than 80 group classes per week.

"The possibilities are endless with this new center," said Whitney. "We have a top notch facility here, and we are here to serve the needs of our clients and future clients."

For more information including class offerings, call 617-698-0260.

**VOICE FOR HEALTH**  
by Dr. Gabrielle Freedman  
Chiropractor

### HOW ARE YOU GOING TO MANAGE?

Chronic pain, pain stemming from injury or other cause that lasts more than three months, is a perplexing problem for more than 76 million Americans. Because it persists even after healing has occurred, chronic pain is widely regarded as a disease with known changes in nerves that worsen over time. Because chronic pain can impede function and life enjoyment, it is important to manage it. Unfortunately, about half of those afflicted with chronic pain receive no treatment. Among those who do, close to five million Americans report taking prescription pain medication in potentially unsafe ways. In contrast, chiropractic is a non-invasive, drugless treatment that may help relieve chronic pain by improving flexibility and restoring proper

flow of nerve energy.

Millions of people lead healthier and happier lives, free from chronic pain, simply because they have discovered chiropractic care. At the **FAMILY PRACTICE OF CHIROPRACTIC**, we believe a proper chiropractic spinal analysis and spinal adjustment are essential to your good health. PH: 617.472.4220. We're located at 112 McGrath Hwy., Quincy. We offer computerized spinal scans. We are able to adjust patients sitting, standing, or lying down to accommodate any level of discomfort. If your problem is a chiropractic condition we offer you exceptional service.

*P.S. Chiropractic treatment may help address the source of pain by pinpointing its location and tracking its movement.*

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## Dental Society Urges Mouthguards For Children

The Massachusetts Dental Society (MDS) wants to alert parents to the necessity of also protecting your children's mouth and teeth with a simple piece of equipment—a mouthguard.

Mouthguards help prevent injury to the mouth area, especially to the teeth, lips, cheeks, and tongue. Even athletes who wear helmets or face shields should wear mouthguards, since they also protect against

head and neck injuries by helping to cushion blows.

In the court of public opinion, some have argued that mouthguards are not necessary in some sports, such as basketball and soccer, since they are not contact sports. However, players can easily receive blows to the face from an elbow, soccer ball, or basketball. They can also fall face-first onto a hard gymnasium floor or on the field.

There are three types of mouthguards available: the custom-made mouthguard, the boil-and-bite mouthguard, and the stock mouthguard that one can buy in a sporting goods store. Dentists usually recommend that athletes wear custom-made mouthguards. In terms of fit, comfort, and protection, a custom-made mouthguard is by far the best because it is made from a dentist's impression of the teeth. As a

result, athletes breathe better, speak more clearly, and most importantly, receive the best protection from an orofacial injury.

Parents, coaches, and athletic directors can help prevent avoidable injuries to students by strongly encouraging their student athletes who participate in contact sports to wear mouthguards during games and practices.

In this way, if players do have to lose, it won't be more than the game.