

# WORKOUT WONDERS

BY BILL CARY

**S**orry, but boredom is no reason to abandon your exercise routine. Certainly not here in Westchester, where there are so many fun ways to get your heart rate up. Local gyms offer all kinds of workouts—some geared toward hardcore athletes; others for weekend warriors. And we haven't even mentioned the great outdoors.

"The whole point is to remain active," says Frank J. LoCastro, Wellness Program Coordinator at White Plains Hospital. Finding an exercise routine that you love will make that a whole lot easier.

"Do something you like," he suggests. "If you don't like it, the probability is that you'll do it less."

LoCastro recommends working out for a total of 150 minutes a week, divided however works best for you. Haven't exercised in a while? It's best to check in with your doctor first. "Listen to your body—it's a wonderful machine," says LoCastro. "It will give you the indicators if you're doing too much or too little. Work within your abilities and do things you enjoy."

Ready to get started? This roundup of local workouts will give you a taste of just how much fun a workout can be, not to mention, put you on the road to a healthier spring.

## 1. L TRAIN, LARCHMONT

If you've been looking longingly at your lonely bike in the garage, try hopping aboard the L Train in Larchmont for an indoor spinning class that will tide you over till the weather warms up for good. Granted, no scenic park views or whiffs of salty fresh air blowing in from Long Island Sound, but you'll get just as good a fat-burning, strength-boosting workout. Laurie Parkinson and her team of trainers offer a range of classes for all abilities, including ones for beginners, teens and hard-core triathletes. Some classes combine spinning with light weights for upper body and core strengthening. **Details:** 2005 Palmer Ave, Larchmont; 914-833-7746; [www.ltrainfit.com](http://www.ltrainfit.com)

## 2. SAW MILL CLUB, MOUNT KISCO

Even if you're not much of a lap swimmer, exercising in water is the perfect antidote to rainy blahs and wet roads and tracks. By using the natural resistance of water, you increase muscle strength, endurance, and flexibility—without damaging aching joints. It's perfect for people with restrictions on running. Saw Mill Club members can pick among several water exercise classes a week, including some that mix in yoga, Zumba, and stretching. **Details:** 77 Kensico Drive, Mount Kisco, 914-241-0797, [www.sawmillclub.com](http://www.sawmillclub.com). **Also:** Saw Mill Club East, 333 N. Bedford Rd, Mount Kisco; 914-242-9760; [kkane@sawmillclub.com](mailto:kkane@sawmillclub.com)

## 3. NEW YORK SPORTS CLUB, WHITE PLAINS

Sometimes as many as 50 people at a time show up for the popular Total Body Conditioning classes at this handsome, light-filled facility in the City Center. It's usually 65 to 70 percent women, from mid- to late- 30s to 50s, with an occasional 60- or 70-year-old, says general manager Saulo Espallat. Try the calorie-burning, body-shaping classes—they're full of squats, presses, lunges, and the like.

**Details:** 4 City Place, White Plains; 914-428-2020; [www.mysportsclubs.com](http://www.mysportsclubs.com)

## 4. EQUINOX, ARMONK

If you're one of those grown-up little girls whose moms insisted you take Saturday morning ballet classes, you'll have a leg up on other first-timers at the ballet-inspired Barre classes at the Equinox in Armonk. The classes combine strength-building ballet movements using light weights with conditioning intervals, core work (read: planks), and lengthening stretches for a body-sculpting workout. **Details:** 99 Business Park Dr, Armonk; 914-219-1601; [www.equinox.com](http://www.equinox.com)



## EXERCISE: YES, YOU CAN!

How many times have you said "I just don't have time to exercise"? Work is too demanding. Life is too crazy. The groceries aren't going to buy themselves. Well, your excuses won't fly with Diane Woolley, chief human resources officer at White Plains Hospital.

The busy exec puts in long days during the week, and she responds to office-related emails, texts, and phone messages around the clock from home. "At this level, I'm connected to work 24/7," she says. But guess what? She still finds time to exercise five or six days a week.

Our point? If she can fit it in, so can you. Here, Woolley explains how.



"Exercise helps me perform better," says White Plains Hospital's Diane Woolley.

- **Make it part of your routine.** Woolley wakes up at 4:20 a.m. to run, cycle, or do exercise DVDs. She works out until 6:45. "It's as much a part of my day as taking a shower or eating meals," she says.

- **Keep it simple.** People tend to make the gym into such a big thing, says Woolley. They think, *I have to go to the gym and park, and shower, and re-dress.* Find something convenient that fits into your life that's not such a burden. Take a walk during lunch; do a DVD at home in the morning.

- **Enjoy it.** "I walk, run, cycle, do yoga and DVDs. But of all the things I do, running is my least favorite, so I do it the least," says Woolley.

- **Mix it up.** You can't do the same thing every day, says Woolley. You'll get bored, and your muscles will fatigue. So change it up. "If you do yoga, do something else so the muscles you use have recovery time."

- **Milk the benefits.** Exercise helps Woolley release stress, sleep better, and boosts her self-image. "You have a better image of yourself when you exercise," she says. Plus, exercise has helped Woolley improve her posture and even make better food choices throughout the day. "When you exercise in the morning, you're not going to go and eat two donuts," she laughs.