

STAYING IN Shape

DAVID HALE

Celebrity Personal Trainer Shares his Secrets of Staying Fit

*a*s the weather gets cooler, we are all thinking of the upcoming holidays with the aromas of turkey and stuffing wafting through the house. We can already taste the rich sweetness of eggnog, always better out of sparkling

Oklahoma University under the notorious Barry Switzer, now coach of the Dallas Cowboys, David learned about fitness and learned that a lot of people didn't know the basics of exercise and nutrition. "People thought that because I

holiday crystal, and don't forget about all of those colorful cookies and cakes.

Who among us is thinking about working off those post-season pounds? Or our percentage of calories from fat?

David Hale, personal trainer, that's who.

David is a dashing thirty-year-old exercise physiologist and personal trainer with an impressive client list. David has trained celebrities like Tom Cruise and Nicole Kidman, Ralph Lauren and Val Kilmer, just to name a few.

While playing football at

was in shape I knew how to get them in shape," he said. "I could motivate them, but I didn't have a lot of knowledge in the field at the time."

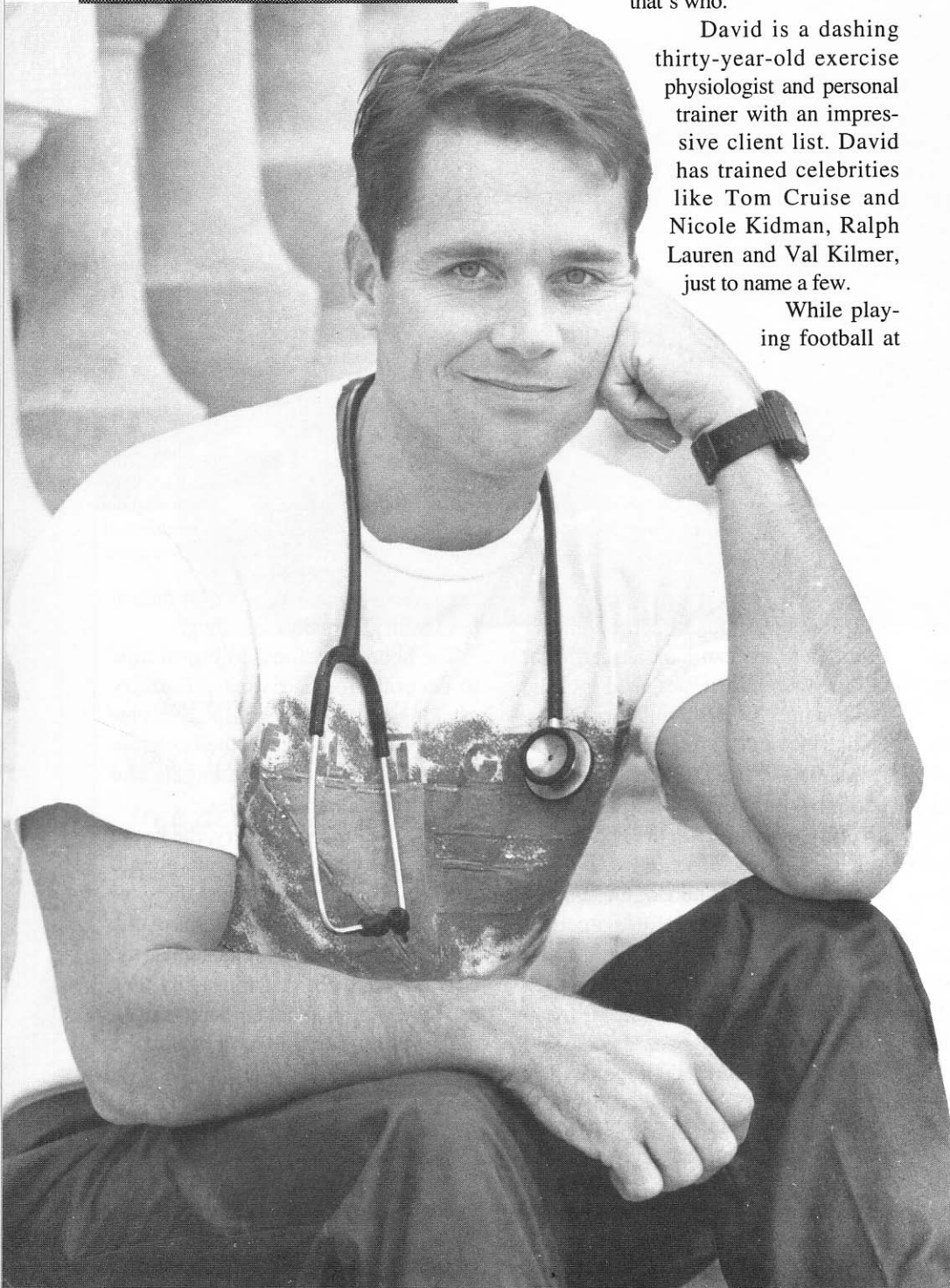
After earning his bachelor's degree in exercise science, David decided to pursue a career in exercise physiology by completing advanced studies and certification with the American College of Sports Medicine. He did his internship studies in the Cardiology Department at Charlotte Memorial Hospital and holds certification in Advanced Cardiac Life Support and Critical Care. He also served as an exercise physiologist at Cedars Sinai Medical Center rehabilitating cardiac patients.

David's daily personal exercise routine includes running, working out at a gym, swimming, rollerblading, and even skydiving. But David doesn't always go to such extremes with his clients. He meticulously evaluates each person's potential and limitations and customizes their fitness plan.

Exercise

According to David, summer exercise in Southern California is more straining on our bodies because of the heat. However winter brings with it a whole new set of exercise challenges.

"In the winter people get a little slower and gain a little weight," said David. He advises clients to pay special attention to nutrition in the winter and to try to exercise in the middle of the day because blood clots are more common on cold mornings. "But it's better to work out in the morning than not at all," said David. "The hardest thing about exercise is scheduling, not the actual workout."



Psychology books say that it takes 21 days to develop a habit; even exercising. David recommends that you commit yourself to eight weeks. "Most people start to see results after about six weeks," he said. "That keeps them motivated

gets problem areas in a client's lifestyle is giving them a Food Diary. They record everything they eat, when, where, and their mood. This brings some bad habits that they may not even be

through the whole program."

Having fun is a big part of staying with an exercise routine. David tries to eliminate the activities that his clients don't enjoy. Some people like gyms, some love the outdoors, and still others want to exercise in the privacy of their homes. He has even taken clients to water parks! "Entertainment is definitely an aspect of the programs," said David.

David advises starting your program slowly and building up to higher levels of fitness. If you just want to stay in shape, exercising two to three times per week should be sufficient. If major weight loss is your goal, six times per week may be necessary. "If you are working out more than 20 minutes a day, three times a week, you're doing it for more than your health," said David.

Nutrition

In addition to creating an exercise plan, David also sets up healthy eating strategies for his clients. One way that he tar-

gets problem areas in a client's lifestyle is giving them a Food Diary. They record everything they eat, when, where, and their mood. This brings some bad habits that they may not even be

gets problem areas in a client's lifestyle is giving them a Food Diary. They record everything they eat, when, where, and their mood. This brings some bad habits that they may not even be aware of, to light. "The best advice is to concentrate on what you can have, rather than what you can't," said David. "By the time you have all the foods you need for good nutrition, there's not room for anything else."

According to David, the fast food industry has made it easy for us to eat junk. If he notices that a client is eating lunch everyday at the fast food restaurant next to his office, he will get a menu from the restaurant and tell his client what to order to stay with the nutritional plan.

For example, most fast food places will make their sandwiches vegetarian. Add a little barbeque sauce to the lettuce, tomato and sprouts, and you've got a tasty lunch. Or you can keep packets of fat free salad dressing in your desk for baked potatoes or salads.

"You can find something good almost anywhere you go," said David. "As long as you have something to crunch down on you'd be surprised how little you miss the meat."

When it comes to nutrition, fat is the bottom line. "It has twice as many calories as sugar," said David. "In fact a diet of 10 percent or fewer calories from fat can actually reverse heart conditions." Some health insurance carriers will reimburse you for a cardiac or stop smoking program like David's.

Before you begin any exercise or



Proper monitoring by a professional is an essential part of any exercise program.

diet program, consult your doctor or an exercise physiologist, like David. Your entire health history must be evaluated, including cardiac risk factors, in order to establish limitations and potential.

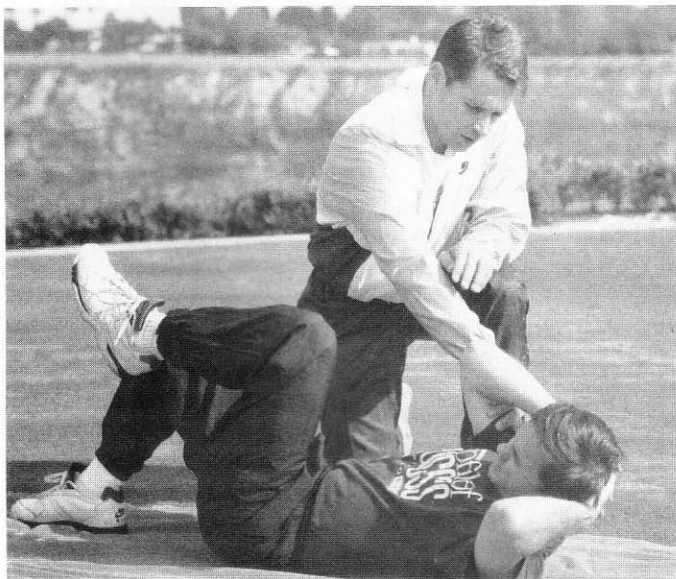
"Sometimes people knock themselves out once a month to punish themselves for not exercising regularly," said David. "That doesn't help and only makes you feel defeated." Crash diets and intense but infrequent exercise can lead to illness or injury.

Palos Verdes has provided David with new challenges as he addresses the needs of older residents who want to make the most of their health. "I like it here," said David "People in Palos Verdes are less concerned about vanity than they are about just being healthy."

For More Information:

High on David's recommended reading list are two books by Dr. Dean Ornish called "Eat more Weigh Less" and "Reversing Heart Disease." David Hale can be reached at (310)717-8777.

*By Donna King
Associate Editor*



The breathtaking scenery of the Villa Elliott in Palos Verdes Estates makes a perfect backdrop for getting into shape.