

# BODY DESIGN

The Womens' Athletic, Rehabilitation and Pilates Center of Newport Beach

100 Newport Center Drive  
Newport Beach, CA 92660  
949-722-3555

## CUSTOM SPA PACKAGES

RELAXING ONE-HOUR MASSAGE	\$75.00
ONE AND ONE-HALF HOUR MASSAGE	\$105.00
ONE-HOUR FACIAL	\$75.00
DELUXE FACIAL	\$105.00
ONE-HOUR BODY SCRUB WITH MASSAGE	\$75.00
ONE-HOUR AROMATHERAPY BODY WRAP	\$75.00
SUPER DELUXE SPA DAY: ONE-HOUR MASSAGE WITH RELAXING FACIAL	\$135.00

Body Design accepts all major credit cards.  
We can mail your gift certificate to you.

Call (949) 722-3555 to place your order.

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## new swiss ball classes!!!

If your goal is to maintain your youth and obtain the balance of a twenty year old-Swiss Ball is for you.

*Why should you exercise with a Swiss Ball?*

Swiss Ball is a unique exercise method that allows you to enjoy a controlled exercise pace and focus on each independent muscle group. The exercises can be modified for all levels. The class consists of different exercises that will offer skeletal and nervous system challenges. These exercises will promote the maintenance of balance and joint stability, which naturally diminishes over time.

- Improves range of motion
- Improves joint stability
- Helps prevent injuries and falls
- Works the muscles of the abs, buns, and back
- Reduces pain due to joint instability
- Improves coordination

Swiss Ball can translate into a better quality of life. Daily activities, such as grocery shopping become easier as your balance and skeletal strength increase.

## SWEET SUCCESS

When I was struggling with degenerative hip disease over eight years ago I consulted the supervisor of the Physical Therapy department at Hoag Hospital. He referred me to Body Design and that changed my whole life. As soon as I stepped in the door I became aware of a pleasant environment

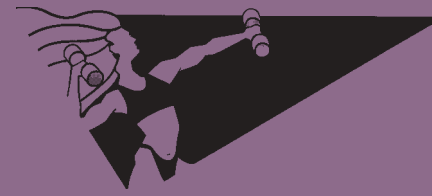


with mirrors, windows, plants and flowers. There was a list of activities, information, and seminars. Susan Tobiessen greeted me and promptly put me at ease with her lovely presence, graceful manners, intelligent understanding of the human body plus an exceptional working knowledge of rehabilitation.

Susan began to train me on a regular basis each week. She motivated me to work conscientiously and I succeeded in losing weight and establishing nutritious eating habits and a regular exercise schedule. *It has paid off with good health, increased bone density, avoidance of hip replacement and stamina for a rapid recovery from a recent mastectomy.*

Due to the climate of friendship created at the gym, I have been overwhelmed by the caring and support of clients and staff. This is my message of profound thanks and gratitude.

*Lucy Anderson*



# Fit Bits

Summer 2001

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## watch us grow...



Body Design is proud to announce that we continue to grow and expand the health and wellness options available to our clients. In keeping with our philosophy to offer the very best at Body Design, we have expanded our classes and services to include Core Board Classes, Allegro Classes, Laser Hair Removal, Dermabrasion, Swiss Ball Classes, and Body Therapy.

A specialized form of Pilates, the Allegro Circuit uses the resistance-based exercise program as a jumping-off point to create a newer, more innovative version. Taught to light music, Allegro Circuit involves the use of two, three, and five-pound

dumbbells to help strengthen and tone the upper body; the Swiss Ball as an adjunct to greater abdominal strength and balance; the Ballet Bar to assist in the development of increased flexibility in the hips and lower extremities; and a more versatile reformer, the spring-and-pulley-based "bed" that serves as the mainstay of the Pilates program. The result is a workout designed to increase bone density; strengthen and elongate muscle structure; and improve balance and flexibility, all leading to the longer, leaner look that today's woman aspires to.

A further distinction differentiating **Allegro Circuit** from the more generic Pilates is the group dynamic offered. Limited to five people per class to ensure top quality instruction, Allegro Circuit allows women to draw on the energy of their peers to better meet their fitness outcomes. Clients are required to first pass through Body Design's Pilates testing as additional insurance that each client will receive the maximum benefit

possible. All classes are taught by a certified Pilates instructor.



Body Design has also introduced the **Reebok Core Board** classes. Originally designed to aid in the rehabilitation of athletes, the classes are now used by people of all ages and abilities. The core board itself is an adjustable balance board that sits on top of a set of springs. This innovative piece of equipment serves as a tool to increase balance, improve cardiovascular endurance, and strengthen the abdominal region. Coupled with the dynamism of a fun, classroom environment, the classes make for a unique workout experience. All instructors are Core Board certified, and like Allegro Circuit, class size is limited.

At Body Design we want to exceed your expectations. It is our hope that we can make keeping healthy an exciting and evolving experience for you. We want you to enjoy coming to Body Design and hope that our new services will enrich your fitness routine.

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# ENERGETIC motivated train with the best of Orange County THE STAFF OF BODY DESIGN



**Cinnamin Camack** recently graduated from the University of California, Irvine where she earned a B.A. in Dance Performance. She studied ballet for 18 years and trained with the Joffrey Ballet, Boston Ballet, and the Academy of Ballet. Cinnamin has also studied the Pilates method for the past six years. She strives to assist her clients to each meet their individual goals. "I believe if you are aware of your body and you engage it properly, you can leave refreshed and alert with a feeling off physical and mental well-being."



**Noreen Sheedy** is the front office manager at Body Design. Originally from Boston, MA, she received a BS in Psychology from Bridgewater State. Noreen is currently seeking a Human Resource Management Certification at UCLA and plans to pursue a Masters Degree. Her past employment is diverse and includes most recently working for Massachusetts Financial Services in the 401 (K) Retirement Plan department. She has also been a lifeguard and an elementary school teacher.



**Amber Camack** studied ballet for fifteen years and graduated from the University of California, Irvine with a B.A. of Arts. Her studies emphasized ballet and kinesiology. She has studied with the Joffrey Ballet and the Academy of Ballet. Amber has also studied Pilates for the past six years and is a Certified Pilates instructor through D.K. Body Balancing.



**Alison DiRuscio** is a Physical Therapy Aide and a licensed massage therapist. She is a graduate of California State University Long Beach. Alison is also a certified Pilates Instructor. For the past five years she has worked in the field of Sports Medicine and Physical Therapy and comes to Body Design as the newest addition to the Physical Therapy staff. Her approach to Post-Rehabilitation incorporates all of the techniques and ideas from her different backgrounds, combining strengthening, stretching and massage. Working with individuals on a one-on-one basis, she believes in addressing the problem as a whole, not just the symptoms.



**Uyen Tran** is a certified esthetician and has been working in the medical field for the past ten years. She recently introduced microdermabrasion to Body Design. Microdermabrasion uses crystals to finely resurface superficial layers of the skin. Uyen is available for free consultations. Treatments take one hour and there is no recovery time.



**Scott Lampman** has completed 1000 hours of Therapeutic Massage training. He has six years of experience treating soft tissue related issues; such as trigger points, fascia constrictions, and muscle length imbalance. Scott understands what a person might need to feel better. He is always eager to teach his clients and stresses the importance of good posture and stretching.



**Lesley Barncard** has 1000 hours of massage training from Western Institute of Neuromuscular Therapy in Laguna Hills. In addition she holds a B.A. in Anthropology and has done graduate work in education and dance. Lesley is available for therapeutic massage at Body Design.



**Viktor Uyan** is a native of Ankara Turkey. He has been a professional Ballet Dancer for the past eleven years, performing throughout Europe, South America and the United States. He is a Master Stretch Certifier and teacher as well as a Pilates Instructor.

## Coming Soon to Body Design... LASER HAIR REMOVAL by Susan McKibben RN

**L**ightSheer Diode Laser—the worlds most advanced treatment for effective removal of unwanted hair is now available at Body Design. The LightSheer system is specially designed to remove unwanted hair faster, with less discomfort, and more reliably than other methods. Most body areas can be treated with this state-of-the-art technology.

Experience the freedom of never having to shave. To be scheduled for an up coming Thursday appointment just call the front desk at Body Design. Please contact Susan McKibben at 949-280-2993 for a complimentary consultation or questions prior to making an appointment. Before and after pictures are available at the front desk.

**Laser appointments are available on the following dates:**  
**Thursday July 12, 2001**  
**Thursday August 16, 2001**  
**Thursday September 13, 2001**



## BODY MECHANIC WORKSHOPS

by Alison

**B**ody Design introduces a series of monthly workshops designed to educate and inform you about body mechanics and proper exercise technique. Each month will focus on a different body part and discuss injury prevention and rehabilitation. This will be an open forum for any questions and problems that you might have regarding your health, body, and well-being. The following is a tentative schedule of topics to be discussed:

July 18, 2001  
August 15, 2001

Hip  
Knee

September 12, 2001  
October 17, 2001

Foot/Ankle  
Back II

Classes will be held at Body Design at 12 PM. Sign ups will be taken at the front desk and drop-ins are welcome. The cost of each class is \$15.00



## HEALTHY CUISINE from the kitchen of Erna Minkoff

### "Sea Bass With Roasted Tomatoes And Green Beans"

4 Servings

- Nonstick vegetable oil spray
- 1 1/2 pounds plum tomatoes, each cut into 8 wedges
- 1 large onion, halved through root end, each half cut into thin wedges
- 2 garlic cloves, minced
- 1 tablespoon extra-virgin olive oil
- 8 ounces green beans, trimmed, cut, diagonally into 2-inch pieces
- 2 teaspoons curry powder
- 2 teaspoons minced peeled fresh ginger
- 4 5- to 6-ounce sea bass fillets ( each about 1 1/2 inches thick)

Preheat oven to 400 F. Spray large rimmed baking sheet with nonstick spray. Combine tomatoes, onion and garlic on prepared sheet. Drizzle with extra-virgin olive oil; toss to coat. Spread in even layer. Sprinkle generously with salt and pepper. Roast until onion begins to brown, stirring occasionally, about 35 minutes.

Remove baking sheet from oven; increase temperature to 450 F. Mix beans, curry and ginger into tomato mixture; top with fish. Sprinkle fish with salt and pepper. Spoon some tomato mixture over fish. Roast until fish are just opaque in center, about 18 minutes. Transfer fish to plates, spooning tomato mixture over.