

Personal trainers say education, experience give them an edge

By Dennis Fiely
Dispatch Accent Reporter

Just about anyone can hang out a sign, print business cards and claim to be a personal trainer. But Gerald J. Greenspan and Robert E.C. Wildman believe their credentials set them apart.

Together they bring 22 years of higher education in exercise and nutrition to Columbus Fitness Consultants Inc., a new, full-service personal training venture in Worthington.

They offer training for general and sports-specific conditioning, nutrition counseling and education, and guidance on home-gym purchases and development.

Greenspan has master's degrees in body mechanics and nutrition. He teaches human physiology at Columbus State Community College.

His partner is a registered dietitian and assistant professor in food and nutrition at

TO YOUR HEALTH

Ohio University, Athens.

Among central Ohio's personal trainers, "I don't think anybody comes close to our credentials," Greenspan said.

Their qualified nutrition advice also makes their service unusual, according to Greenspan. They will personalize service by helping clients shop at grocery and fitness equipment stores.

"Many personal trainers primarily are motivators," Greenspan said. "For us, motivation is secondary. It doesn't take 22 years of education to motivate somebody."

The company's exercise philosophy focuses on correct body mechanics that emphasize joints more than muscles, Greenspan said.

"We're training people to function bet-

ter.... The muscle's job is to move the joint; the muscle is not there for aesthetics."

Nevertheless, improved appearance is a natural outcome of joint-based training, Greenspan noted.

Columbus Fitness Consultants charges \$45 an hour. Three fitness packages, ranging from \$169 to \$469, are offered.

"We're like training wheels on a bicycle," Greenspan said. "You're not going to need us forever. We'll teach you how to do it right so you don't hurt yourself."

For more information, call 888-5593.

NEW JOURNAL

Former Surgeon General C. Everett Koop is among medical professionals and scientists on the editorial board of *The Journal of Alternative and Complementary Medicine: Research on Paradigms, Practice and Policy*.

The publication bows this month as the

nation's first peer-reviewed journal for alternative medicine.

The quarterly journal will report on results of clinical trials in out-of-the-mainstream therapies such as imagery, homeopathy, biofeedback and herbal medicine. It also will tell practitioners how to design scientifically valid studies.

Dr. Marc S. Micozzi, head of the national Museum of Health and Medicine in Bethesda, Md., is editor in chief.

ALTERNATIVE RESOURCE

"The Healthy Referral" lists more than 350 Ohio businesses and health-care professionals who specialize in alternative medicine and personal enrichment.

A sample of listings includes vegetarian restaurants, counselors, bookstores that specialize in personal growth, nutrition stores and people who practice body work and other healing arts.

A subscription to the bimonthly newsprint publication is \$18 a year. To order, call 262-1675 or write Professional Fitness Services, P.O. Box 271, Chagrin Falls, Ohio 44022. The publication is available free from member businesses.

GENTLER BANDAGE

A kinder, gentler bandage recently was released by Kendall Co. in Cincinnati.

Curad Sensitive Skin bandages are made from a soft, flexible fabric instead of plastic. Each bandage also has a pad that does not stick to the wound when removed.

Sensitive Skin bandages cost the same as other bandages and are available in food and drug stores. For a free sample, send a self-addressed stamped envelope to Curad Sensitive Skin, G.S. Schwartz & Co., 470 Park Ave. S., 10th floor, New York, N.Y. 10016.