

What Has Dr. Shook Been Reading?

Real-World Fitness by Kathy Kaehler with Dr. Cheryl K. Olson.
Golden Books (1999)

Kathy Kaehler is a businesswoman, mother of twins, fitness consultant for CBS's Today and personal trainer to many a Hollywood celebrity.

Kathy's Clients include Claudia Schiffer, Samuel L. Jackson, Michelle Pfeiffer and Lisa Kudrow. These Hollywood celebrities seek, not only, sculptured contours for their next starring role, but also the improved health, reduced stress and the increase strength and vitality that comes with exercise and physical fitness.

Fitness is for everyone, man or women, young or old, Kathy Kaehler writes:

"Fitness is not a moral issue it is a freedom issue. When you sit around, gain weight, and lose muscle tone you surrender choices and lose independence." Even a modest increase in physical activity can raise your overall fitness level considerably.

Ms. Kaehler suggests ways of sneaking more activity into your daily life. Walk around the block, take the stairs and do squats while on the phone, move the furniture and read or watch TV while riding an exercise bike. Create your own obstacle course and circuit workout with a hula-hoop, a jump rope, a deck of playing cards and a wagon. Wash your car, play basketball, shovel snow and dance. Adding physical activity to your life will raise your overall fitness level considerably.

In addition to an excellent selection of well-illustrated exercises for the arms, shoulders legs, buttocks and abdomen. Ms. Kaehler offers advice on (among other things) setting realistic goals, overcoming gym fears and staying fit while traveling.

The reader is reminded that being thin is not equal to being fit. It is better to be a fit fat person than an unfit thin person. Learn to love your body, feed it well, exercise it thoughtfully and remember we are all different. Even armed with Michelle Pfeiffer's favorite buttock exercises, only Michelle can have an ass like Michelle.

The reader will find neither index or a glossary of terms. This is not a technical book. There is no chemistry nor is there any discussion of cellular physiology. The nutritional advise is simple: Eat more fruits, vegetables and whole grains. This might be considered an inspirational book. Inspiring the reader to love their body and to seek out movement and physical activity in every part of their life.

Next I will be reading Living Beauty Detox Program by Ann Louise Gittleman.

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