



Marianne Duschek strikes a reflective pose with her unique innovation, a compact disc designed to promote relaxation through stretching exercises.

Fitness instructor's CD stretches for relaxation

Marianne Duschek is primarily a personal trainer and instructor at the Fitness Institute in Willowdale, Ontario.

However, she also doubles as a fitness entrepreneur, having designed and produced a unique audio CD packed with total-body stretching routines to stay toned, flexible and youthful.

"We're so busy outside ourselves, this CD allows you to close your eyes, focus internally and pay attention to your body without craning your neck to look at a television or video" Duschek explains as she describes the audio CD. "It is a powerful tool to incorporate stretching into one's regular exercise regimen."

The CD provides an oasis of tones, intended to be soothing and relaxing, which were composed and professionally performed specifically for the product. Designed to be "highly motivational," this stretching routine serves to improve flexi-

bility and enhance a person's sense of well being. Following cardiovascular exercise, this program will help prevent and alleviate muscle soreness, improve posture, and promote mental relaxation.

In accordance with the American College of Sports Medicine (ACSM) guidelines, Marianne suggests stretching each muscle group three to seven days a week as well as cardiovascular exercise three times a week and resistance training two times a week.

Now stretching can be done anywhere, anytime, under the guidance of a top fitness professional.

No equipment needed

The program requires no exercise equipment to obtain the revitalizing effects of each of the three routines presented.

They can be completed at home or at the gym; all you require is a CD player. This CD is a bonus for those who travel and want to maintain their fitness program.

Stretching and relaxation imagery is the hottest new trend in fitness as people discover how it helps to sooth body, mind, and spirit and relieve the stresses of today's hectic lifestyle. One convert stated recently "I practiced the stretching routine just before going to bed and I had the best sleep that I've had in years".

Duschek, B.Sc., PFLC is an ACE certified personal trainer who has been improving health and wellness, through professional advice and instruction on a variety of exercise related topics for ten years.

Since obtaining professional accreditation in the fitness field and establishing MTD Personal Training and Lifestyle Consultants, Duschek has been personally involved with the design of fitness programs for hundreds of club members and clients.

Duschek's fitness experience and passion for improving the quality of life for her clients and group class participants is evident in this CD. (Metro)