

Stretching part of the routine for exercise CD

By SHANNON BEVERIDGE
Special to The Mirror

An exercise CD has been designed to allow people to concentrate more on their own workout and not so much the instructor.

Marianne Duschek, a personal trainer at the Fitness Institute Club, designed and produced 'Rejuvenating Stretch', a CD that allows people to hear instructions to exercises rather than trying to watch someone teach them.

"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," she said.

"I have a couple of video stretch routines. I just found it awkward looking at the TV. I'd rather just close my eyes and listen to someone. And it's great for people who travel."

There are three segments to the CD. The first is a full body stretch, focusing on the trunk, lower back and legs which is 27 minutes long and the second is for the upper body,

"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"

~ Marianne Duschek

neck and shoulders area which is 17 minutes.

The third segment consists of relaxation and imagery, where Duschek asks you to close your eyes, take deep breaths and concentrate on relaxing every inch of your body. This segment lasts for 12 minutes.

"People can close their eyes, listen to their body and stretch where it's comfortable for them," Duschek said. "The last part is just for relaxation. It really helps [people] to re-

lieve their daily stress."

The CD includes pictures of Duschek demonstrating the stretches. This helps people understand the proper form of the stretches.

While Duschek gives full instructions to the exercises, instrumental music fills in the background to help with relaxation.

"It's really relaxing," she said.

The exercises will not only help with relaxation, but with flexibility and power. And it's for people of all ages.

"It's applicable to all fitness levels," she said. "People who are overweight might find a couple of the stretches overwhelming but hopefully will moderate themselves. I hope they will start enjoying movement again and maybe they'll start walking."

"People who play sports will benefit as well."

Duschek is currently going around to different workout facilities as a guest instructor teaching the exercises to promote the CD.

Anyone interested in purchasing the CD can contact Duschek at rduschek@msn.com



Fitness Institute staff member Marianne Duschek has produced an instructional CD on stretching for exercise.

Mirror photo/DAN PEARCE