

STAIRS



SOBeFiT Editor-In-Chief Marta Montenegro is a regular guest on the radio talkshow *Dr. Fitness and the Fat Guy* on Atlanta Business RadioX. The program's hosts received advice, coaching, motivation and a little friendly challenge from Marta, with the goal of losing a combined total of 50 pounds in three months to show listeners that exercise doesn't have to be something you do alone—having a partner always helps. So far they've lost a total of 39 pounds. Here's what they have to say.

ADAM SHAFRAN, DC,
"DR. FITNESS"
AGE: 43 // HEIGHT: 5'4" // WEIGHT: 169

OCCUPATION: Chiropractor and host of *Dr. Fitness and the Fat Guy* on Atlanta Business RadioX.

WORKOUT: I run between 5 and 6 miles about six days a week. I usually follow with some sit-ups and push-ups. I also play soccer three times a week, and I lift weights twice a week—mostly upper-body and a little bit of leg work.

MY EXERCISE: I love to run. In the gym, my favorite move is the assisted chin-up machine. I like the multijoint exercises the best—those that work more than one muscle at a time.

MY DIET: My diet is good. My struggle is with volume—portion control. But I'm very diligent

about watching what I consume. I try to eat only fish... very little beef and poultry, and a lot of fresh fruits and vegetables. What I have learned from Marta to succeed is to always prepare. I drive long distances a lot, so now I satisfy cravings by bringing a cooler with me with water, fruits and other healthy snacks, whereas before I might have stopped at a restaurant. You can't really control how a restaurant prepares what you eat.

MY SPORT: I picked up playing soccer about six years ago, and I'm totally addicted to it. I play Monday, Wednesday and Friday for an hour at lunch, whether there's rain, sleet or snow. I also traveled on the professional tennis tour, so I still coach that sport a couple of hours a week.

MY SUPPLEMENT: I take essential fatty acids with the omega-3 fats, CoQ10, and I've also been experimenting with resveratrol—in case [the hype] is not all baloney. There's no doubt that getting it from red wine is excellent; the data to support resveratrol in that form are pretty strong. Whether we can take it isolated in a capsule and get the same benefit, I don't know. But I don't see any harm in it yet.

MY FITNESS TIP: Stay away from gimmicks. Stay away from any program that says you don't need to do any cardiovascular exercise, that all you need to do is strength. That always scares me. I'm also a big proponent of making sure kids get trained appropriately. **We tend to get caught up nowadays in all this sports-specific training. The term's very catchy and seems very scientific, but don't overlook the basics: run, jump, run backward, throw.** Make sure kids know how to do basic, fundamental skills before moving them on into complex movements.

MY WORK/LIFE BALANCE TIPS: I haven't figured it out. You just have to keep trying and not give up. You constantly strive for this sense of balance, and as humans we're imperfect. And to be perfect is unrealistic, but you strive to improve.

MY MOTIVATION: I want to be a good role model for my children, my friends. I've been blessed with the fact that I don't need anybody to tell me to go work out or to stay healthy. It's just a passion for me, I want to be healthy as I age.

MY STRESS BUSTER: Taking a nap. It's hard for me to do that, but if I get a chance, that is the ultimate stress reducer. Between 20 and 30 minutes. It can't go on longer than that, otherwise it becomes counterproductive.

MY MOTTO: Tomorrow's another day, so don't beat yourself up. You may stumble today; you may eat more than you anticipate or not have time to work out, just don't let today turn into tomorrow. Keep on fighting the big fight.

FITNESS GOAL I HAVEN'T MET YET: I have not been able to manage portion control effectively. I'm getting there, but I'm not there yet.

OCCUPATION: Entrepreneur and co-host of *Dr. Fitness and the Fat Guy* on Atlanta Business RadioX. On our show I'm the regular, overweight person who has difficulty staying compliant to fitness.

WORKOUT: I'm doing a lot of pole walking. It engages your upper and lower body, and you burn more calories in the same amount of time than regular walking. I try to do that five times a week for 45 minutes to an hour at a time.

MY EXERCISE: Interval sprints. When I'm pole walking, I'll do a sprint for a few hundred yards and then go back to the pole walking.

MY DIET: I eat a lot of healthy foods, like oatmeal with flaxseed, but I tend to overeat. I'm always looking to lose weight, but it's never a priority. For the weight loss challenge that we're doing on our show with Marta Montenegro's help, what has worked for me is to write down the food I consume. I target how many calories I need to shoot for on a daily basis and I keep track of all that. The challenge is keeping me on point... keeping me accountable. People aren't aware of how big portions are—and the problem is how fast you can consume calories, and how long it takes to burn the same amount of calories. It's just a bad combination for most people.

MY SPORT: I don't play any sport. I used to play racquetball and tennis, but I don't really do either anymore. The only sport I care about now is Miami Dolphins football.

MY SUPPLEMENT: I take fish oil, CoQ10 and a multivitamin. The fish oil is because it's an anti-inflammatory and I have gout. And the CoQ10... Adam probably told me to at some point. If someone says something that makes sense to me, I'll try it.

MY FITNESS TIP: You have to make it a non-negotiable priority—something that you schedule other things around. Once you put it in your calendar, it doesn't move. **For most people, exercise is the thing that moves. And if you really want to do this, you have to work around IT, not make it work around other things.**

MY WORK/LIFE BALANCE TIP: Family is important. Everything should revolve around them. We will go to the river and walk with the poles, or walk to dinner or with neighbors. That's part of our family's exercise routine. We try to live an active life.

MY MOTIVATION: My dad. He is 84, has been active his whole life, and he still plays tennis seven days a week. He plays sports and thinks like an athlete, and recently decided to exit the garage by diving underneath the closing door, like in *Indiana Jones*. After doing it, he just got up and went about his business.

ELEVATOR



When you see that, it makes an impact.

MY MOTTO: Exercise is medicine. Research shows that exercise will help your health. There's no denying that. There are so many health benefits to exercise. It will lower your risk for cancer, heart disease... If you are active your whole life, there will be health benefits to it.

MY STRESS BUSTER: Sweating helps me release stress. So I like to take super hot showers and do deep breathing.

FITNESS GOAL I HAVEN'T MET YET: Stay active my whole life. I'm not one of these guys who'll say, "I want to run a marathon." No. I just want to be healthy.

LEE KANTOR,
"THE FAT GUY"
AGE: 46 // HEIGHT: 5'7" // WEIGHT: 167