

Eraldo Maglara, NSCA-CPT
Certified Personal Trainer and Author

PRESS KIT

FITNESS  TRAINING

By Eraldo



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Fact Sheet

- Eraldo Maglara is the owner of the in-home personal training business Fitness Training by Eraldo located in Marlboro, New Jersey.
- Eraldo received his certifications from the National Personal Training Institute (NPTI) and National Strength and Conditioning Association (NSCA).
- Fitness trainers lead, instruct, and motivate individuals in exercise activities, including cardiovascular exercise, strength training, and stretching. They work with people of all ages and skill levels.
- Eraldo is the host of the health and fitness YouTube series Jersey Fit, which premiered in August 2013.
- *The Real Fountain of Youth: Simple Lifestyle Changes for Productive Longevity* was published in July 2013. The print and Kindle versions are available for purchase at www.eraldofitness.com and on Amazon.
- Eraldo was inspired to write *The Real Fountain of Youth* after visiting a rehabilitation facility and finding that a lack of physical activity can have numerous adverse effects on the human body.
- According to the American Academy of Orthopaedic Surgeons, regular exercise slows the loss of muscle mass, strengthens bones, and reduces joint and muscle pain. In addition, mobility and balance are improved. The more active you are as you get older, the more active you tend to stay.
- Eraldo has found that in order to really see results, you need to incorporate all three main types of exercise into your routine: cardio, stretching and weight training.
- Maintaining an optimal healthy diet is vital for healthy aging. According to Dr. Lori Magoulas, registered dietitian and medical nutrition therapist, nutrition can affect longevity because what we eat can have both direct and indirect effects on how the body functions. The better we eat, the better our body functions.
- According to the United States Department of Agriculture, there are five food groups that are the building blocks for a healthy diet: fruits, vegetables, grains, protein foods and dairy.
- Eraldo has found that your outlook on your health and longevity may possibly be the most important aspect of healthy aging. Over time, you will see results if you keep exercise and nutrition an important part of your life.

Find Eraldo Maglara online:

Twitter: @EraldoMaglara

Facebook: Fitness Training by Eraldo | Jersey Fit

YouTube: www.youtube.com/jerseyfit

Websites: www.eraldofitness.com | www.jerseyfittv.com | www.therealfountainofyouthbook.com

About Eraldo Maglara



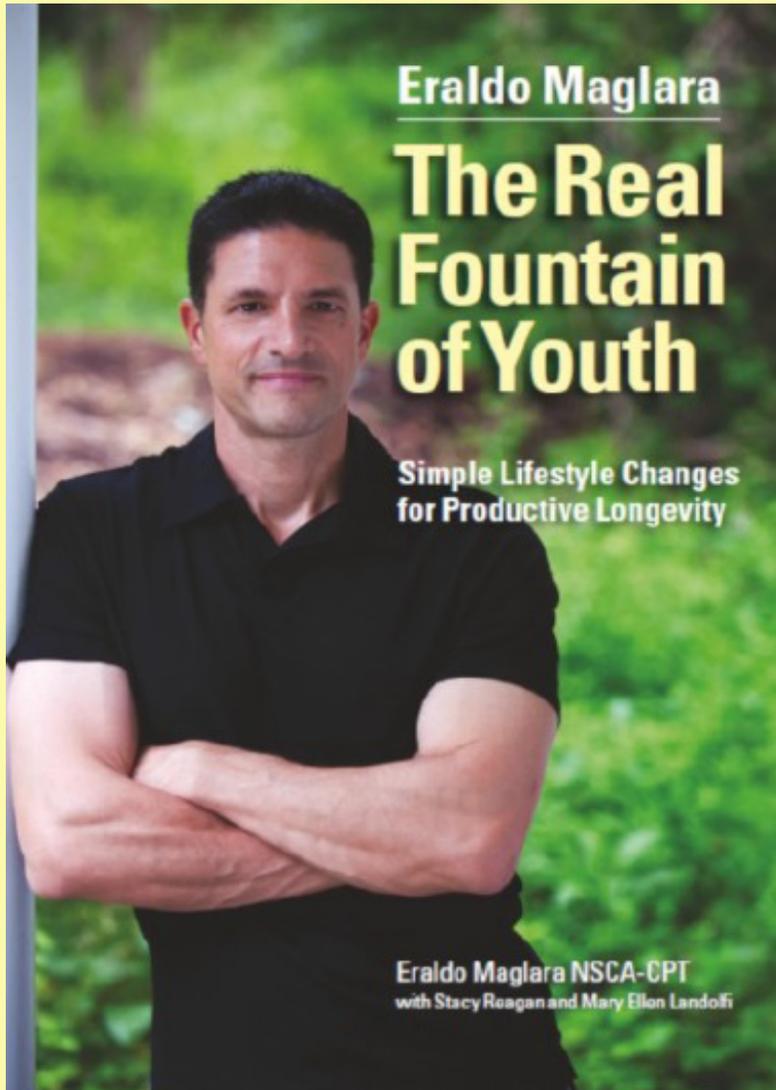
Eraldo Maglara, NSCA-CPT of Marlboro, New Jersey is an in-home personal fitness trainer and owner of Fitness Training by Eraldo. He works with clients in the Monmouth County, New Jersey area. He received his certifications from the National Personal Training Institute (NPTI), as well as the National Strength and Conditioning Association (NSCA). As an entrepreneur in the fitness industry, one of the aspects Eraldo truly enjoys about personal training is educating his clients on health and fitness. His goal is to reach out to as many people as he can and help them achieve productive longevity.

Eraldo is also the host of the health and fitness Youtube series Jersey Fit. Eraldo shows you how to exercise and care for your body the right way as he demonstrates specific exercises to get you focused, strong and tone your body with fitness equipment to get you the best results. He also suggests which foods to include in your daily diet and which foods to avoid. Jersey Fit allows you to perform quick and simple exercises right at home. Eraldo provides great recommendations for fitness equipment that you can use during his workouts at home or while you're on the go. By living a healthy, fit and balanced lifestyle you will feel and look your best. To view the videos, visit the Jersey Fit website at www.jerseyfittv.com.

Along with owning an in-home personal training business and hosting Jersey Fit, Eraldo is also the author of *The Real Fountain of Youth: Simple Lifestyle Changes for Productive Longevity*, a book on healthy aging. Eraldo wrote the book to educate to people on how to achieve productive longevity through exercise and nutrition. Eraldo was inspired to write the book after finding that a lack of physical activity can have numerous adverse effects on the human body, especially as aging progresses. He felt he had an obligation to educate and teach as many people on the enormous benefits of exercise, while giving them motivation and confidence by showing them that the sad acceptance of aging is not inevitable. The main purpose of *The Real Fountain of Youth* is to educate people of all ages about how to achieve productive longevity through exercise and nutrition.

The Real Fountain of Youth

Simple Lifestyle Changes for Productive Longevity



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A lack of physical activity can have numerous adverse effects on the human body, especially as aging progresses. NSCA Certified Personal Trainer Eraldo Maglara found that those who have been active and remain active as they grow older show fewer outward signs of aging. In order to feel your best throughout your life, you must work for it and keep motivated.

The Real Fountain of Youth: Simple Lifestyle Changes for Productive Longevity is a how-to book for transforming your life, to be healthier and fit with an end goal of productive longevity. It educates people on how to achieve productive longevity through exercise and nutrition.

The Real Fountain of Youth gives you step-by-step instructions on how to create a healthier lifestyle so you can maintain your activity level and independence as you age. It also features information from health professionals in the nutrition and chiropractic fields to bring you a complete well-rounded program.

Productivity does not end after retirement and rather than dreading the aging process we should enjoy and embrace our later years. *The Real Fountain of Youth* will help you to feel lively and productive as you age.

For more information, please visit:
www.therealfountainofyouthbook.com





Celebrate Longevity During Healthy Aging Month

By Eraldo Maglara

September is Healthy Aging® Month, an annual observance month focused on the positive aspects of growing older and taking personal responsibility for one's health – physically, socially, mentally and financially. The observance was created 15 years ago by [Healthy Aging®](#), a national health initiative developed to help individuals think more positively about growing older. I believe that each and every day, no matter what our age, we should be focused on healthy aging and achieving productive longevity. There is no instantaneous way to live a longer more productive life, so the time to start thinking about your well-being is now. Ultimately, the key to happiness as aging progresses is to physically feel good.

Remember, you do not have to surrender to old age. It's possible to maintain your strength and flexibility as you grow older. "Getting old" in the sense of slowing down, becoming feeble and giving up being active is a decision that you make mentally. The physical changes and limitations that people experience as old age is just their bodies following the mental command and responding to the lack of use. All you really need is motivation and confidence to keep going. I have found the best way to stay productive as you age is through movement, diet and mindset.

The more active you are as you get older, the more active you tend to stay. Staying active becomes a habit, and you can cultivate that habit to make activity a seamless and continuous part of your life. Simply going for a long walk or jog is a great start; however, in order to really see results, you need to incorporate all three main types of exercise into your routine: cardio, stretching and weight training.

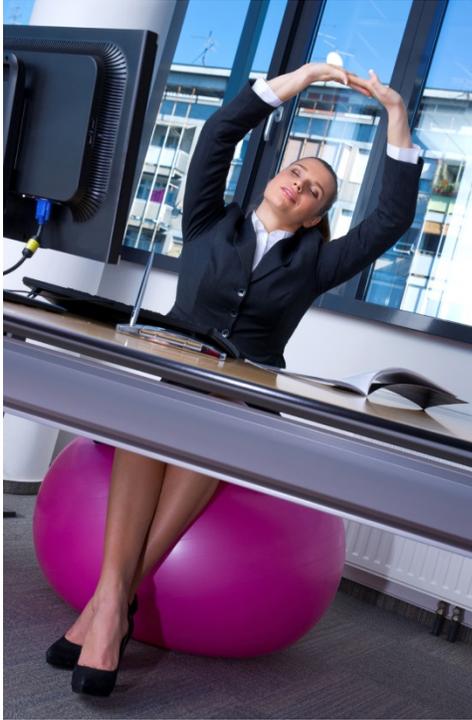
Maintaining an optimal healthy diet is vital for healthy aging. According to Dr. Lori Magoulas, a registered dietitian and medical nutrition therapist, "Nutrition can affect longevity because what

we eat can have both direct and indirect effects on how the body functions. Through these effects, longevity can be altered.” During an interview that I had with Dr. Magoulas, which can be found in my book [“The Real Fountain of Youth: Simple Lifestyle Changes for Productive Longevity”](#) she further explains the benefits of proper nutrition and how it can protect the body as it ages.

The better we eat, the better our body functions. There are five food groups that are the building blocks for a healthy diet: fruits, vegetables, grains, protein foods and dairy. [ChooseMyPlate.gov](#) illustrates specific foods that are in each food group and explains how much of each group should be consumed. You may find this to be a useful resource for maintaining an optimal healthy diet.

In my opinion, your outlook on your health and longevity may possibly be the most important aspect of healthy aging. As I’ve said before, there is no instantaneous way to live a longer more productive life. There really is no medication, supplement or device out there that will deliver a lasting, permanent change. Over time, you will see results if you keep exercise and nutrition an important part of your life. Keep your mind focused on achieving productive longevity and eventually you will see that you probably feel better than you have in years. It will take work to become healthier and more active, but keep a positive attitude. Focusing on how much better you feel each day, and reconnecting to the world around you can be very motivating.

Focus on healthy aging every day and you will live a long, prosperous life. To remain healthy as you age, it really all comes down to those three things: movement, diet and mindset. Stay active, maintain a healthy diet and think positive, and you will see that it is possible to avoid “getting old.”



Strapped for Time? You Can Still Get Fit

By Eraldo Maglara

No more excuses, workaholics! It's time to put the same amount of dedication towards your fitness goals as you put towards your career. Sure, it's difficult to make time for a workout when you have to get to work early, stay there late or travel. And there's only so much time in a day to complete the many other important tasks on your to-do list. But there really is no need to dedicate hours of your time at the gym to get in a good workout. There are ways to integrate fitness into your daily life without drastically altering your schedule. Pack up some fitness equipment and take some time during your lunch break or in between meetings to get in a quick workout. For many exercises that you can do on the go, you won't even

need equipment.

As a fitness trainer, I've had the opportunity to use many different types of equipment for myself and while training with my clients. I've seen some great results with TRX Suspension Training. It's a wise investment for anyone, no matter what your level of fitness is, and it's especially beneficial for individuals on the go because it's easy to transport and store so it can be used just about anywhere. It's also very effective for those trying to maintain consistency with their workout schedule. I've used it in many places, such as my home basement, my gym, hotel rooms, the park, and in the homes and businesses of my clients. I primarily use it for improving my flexibility, range of motion and core strength, and maintaining my overall physicality. I also use it to diversify my routine and add some dynamic to my workout.

Sitting at your desk all day has numerous negative effects on your body. As you sit all day, your posture, mobility, flexibility, and joint health are all being affected. By regularly and consistently moving throughout the day, you will eliminate these health effects. Take some time to walk around or even go outside when you get a chance and jog around the block – just be sure to have a pair of sneakers with you! Doing cardiovascular exercises will not only eliminate the health effects mentioned, it can also improve your heart health and help you lose and maintain weight.

Strengthen your muscles when you're on the go with these quick exercises. Complete a few sets before you head out the door, when you get home from work or even at the office.

Quick Exercises for When You're Strapped for Time

1. Dips: Put two chairs together a little more than shoulder width apart. Place yourself in an upright position with your hands on the chairs without letting your feet touch the floor. Have your elbows bent at a 90 degree angle. Push yourself back to the upright position.

2. Pull-ups: Invest in a workout bar to do pull-ups. Workout bars are portable and easy to use – just find a door frame to place it on and you're ready to go.

3. Sit-ups and crunches: You can do sit-ups and crunches right on the floor or use a stability ball. While you're not using the stability ball for core exercises, you can use it as a chair at your desk. It's great for keeping good posture.

4. Hip extensions: Strengthen the hamstring and gluteus muscles by doing hip extensions with a resistance band. Tie one end of the band around something sturdy at ankle height and tie the other end around your ankle. Shift all your weight to the leg without the band. Keep your body stable and straighten the leg with the band behind you. Return to the starting position.

5. Jump rope: You can burn over 100 calories in 10 minutes by jumping rope. Find an area with space, grab your jump rope and start jumping!

It's never too late to start integrating fitness into your life. There's always time to get in a workout or even just a few exercises. You really don't need more than 30-40 minutes to achieve your fitness goals. Make the most of your training time by focusing on your objectives. Your health is just as important as your career or any other aspect in your life, so try and make it a priority.

Disclaimer: The exercises explained in this article are opinions and should not be taken as a substitute for qualified medical expertise. Any fitness activity carries an inherent level of risk. The information contained in this article is for educational purposes, if you apply the ideas contain herein you are taking full responsibility for your actions and agree not to hold Fitness Training by Eraldo for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is."



Workout at home with these simple tips

Posted on [February 15, 2013](#) by [Laura Martin](#)

With New Year's far behind us, now is the time when many are giving up on their fitness resolutions, says Marlboro-based personal trainer Eraldo Maglara.

Busy schedules, financial restrictions and cold weather can sometimes make it difficult to follow through on fitness goals. But it doesn't have to be that way, Maglara says.

"For those who want to continue to get in shape but can't afford to go to the gym, or don't have the time, there are still a lot of things you can do at home," Maglara says.

Maglara, along with Karen Santosuosso, a personal trainer and group fitness instructor based in Toms River, share simple ways to fit fitness into everyday life.

Start the day right

After a long day at work, many people can't find the motivation to exercise. Santosuosso suggests fitting in a workout first thing in the morning instead.

It is important to get up early enough to eat a light breakfast an hour before exercising, Santosuosso says.

"It is not healthy to exercise without fuel. Your car wouldn't run without gas," she says.

Exercise and entertainment

It isn't necessary to give up simple pleasures like watching television to fit in a workout. Do both at once, suggests Santosuosso.

Squats, which are performed by repeatedly moving from a standing to sitting position, are a perfect exercise to do while watching TV.

"Every time a commercial comes on, stand up and sit down repeatedly until your program resumes," Santosuosso says.

Abdominal exercises are also a great exercise option for television watchers.

"Sit-ups work your core muscles and are simple to do," Maglara says.

A home 'gym'

A gym membership or fancy equipment isn't necessary for a great workout. Exercises like jumping jacks, push-ups, lunges and leg lifts are effective and require no equipment, Maglara says.

A staircase is all that is needed for a cardio workout.

"Start out slow, and just run up and down a flight of stairs," Maglara says. "It will get your heart pumping, and you will build up strength."

A wall can be used to do "wall squats" at home by leaning against a wall in a sitting position and holding the body there as long as possible, Santosuosso says.

A sturdy chair also can be a piece of exercise equipment, when used to do "tricep dips," she says. Tricep dips are performed by sitting in a chair with elbows straight and hands pressed down on the chair and then slowly lowering the body off the chair by bending the elbows and shifting body weight to the arms.

"Make a list (of exercises) and complete it by the end of the day," Santosuosso says.

Inexpensive equipment

For those who do want to purchase some equipment, there are a few inexpensive items that can add something extra to an at-home workout, Maglara says. Basics include a flat or incline bench, a stability ball and resistance bands. Hand weights also are a good buy, but for those looking to cut costs, household items like a gallon of milk, books or a jug full of sand can be substituted for weights.

"Your body can't tell the difference," Maglara says.

Double duty

Often exercising happens without even making an extra effort, Santosuosso says. Activities like playing with the kids, cleaning the house, cutting the lawn, washing the car or gardening can provide an effective workout.

Make the time

No one is too busy for fitness, Maglara says.

"This is a lifestyle change. You must mentally say: 'OK. I need to get in shape,'" Maglara says. "Everyone has 24 hours in the day. You can always find an hour or a half hour to devote to exercise. You have to for your health."

- See more at: <http://blogs.app.com/wellness/blog/2013/02/15/workout-at-home-with-these-simple-tips/#sthash.oslocRZf.dpuf>

You don't have time to exercise?

FOR MANY OF US always on the go, making time to exercise often is difficult. But workouts don't need to involve long hours at the gym. They can be integrated in your daily life without drastically altering your schedule.

So says Erakdo Maglara, a Marlboro-based personal trainer and author of "The Real Fountain of Youth: Achieve Productive Longevity Through Simple Lifestyle Changes."

"Sure, it's difficult to make time for a workout when you have to get to work early, stay there late or travel. And there's only so much time in a day to complete the many other important tasks on your to-do list," Maglara writes in his blog: <http://eraldofitness.com/strapped-for-time-you-can-still-get-fit/>.

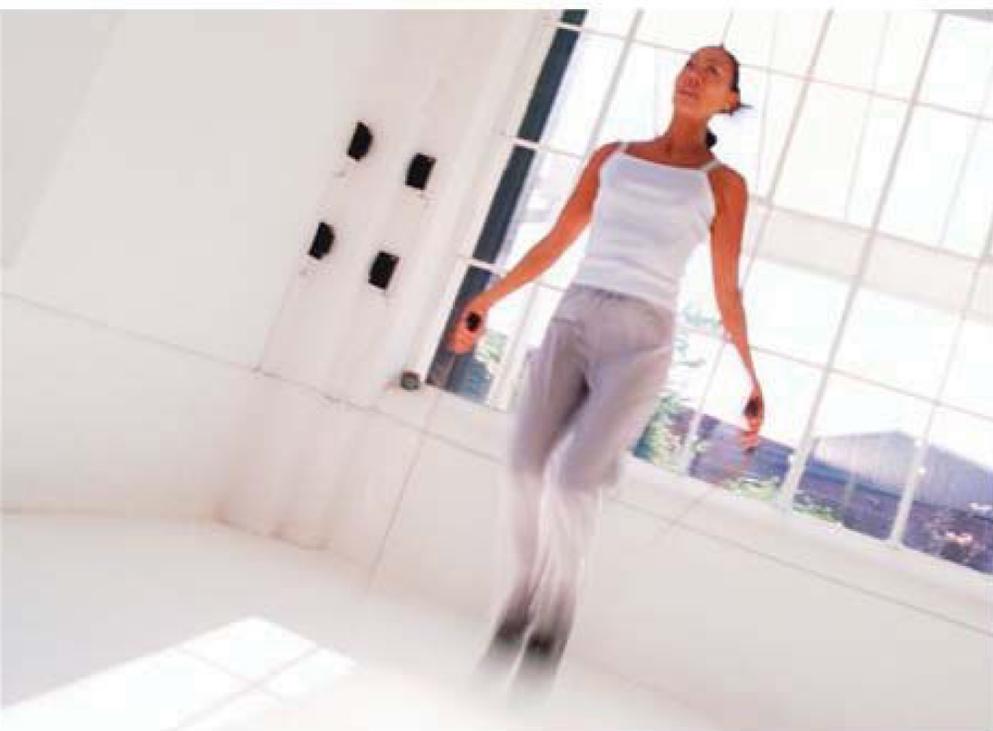


PHOTO: PHOTOSPIN

He recommends doing this at home or the office:

DIPS: Put two chairs together a little more than shoulder width apart. Stand with your hands on the chairs without letting your feet touch the floor. Have your elbows bent at a 90-degree angle. Push yourself back to the upright position.

PULL-UPS: Invest in a workout bar to do pull-ups. Workout bars are portable and easy to use. Just find a door frame to place it on, and you're ready to go.

SIT-UPS AND CRUNCHES: You can do sit-ups and crunches right on the floor or use a stability ball. When not using the stability ball for core exercises,

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HIP EXTENSIONS: Strengthen the hamstring and gluteus muscles by doing hip extensions with a resistance band. Tie one end of the band around something sturdy at ankle height and tie the other end around your ankle. Shift all your weight to the leg without the band. Keep your body stable and straighten the leg with the band behind you. Return to the starting position.

JUMP ROPE: You can burn more than 100 calories in 10 minutes by jumping rope. Find an area with space, grab your rope and start jumping. †



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