

With Asbury Park's Convention Hall and boardwalk as a backdrop, certified personal trainer Eraldo Maglara does ladder drills to increase cardiovascular strength.

Photo by Russ DeSantis

The Great Jersey Workout

Let the Garden State's beautiful scenery and iconic attractions inspire you to greater fitness in 2015

By **SUSAN BLOOM**



The Great Jersey Workout

IF YOU'RE LIKE TWO OUT OF THREE well-meaning Americans, you've made a new year's resolution to lose weight and/or get in better shape. But studies show that for as many as 75 percent, those ambitious goals will never be achieved. Some of you will abandon your newly purchased gym memberships as early as next month.

Does the prospect of starting up or sticking to a fitness routine leave you feeling overwhelmed, uninspired or unmotivated?

Then welcome to The Great Jersey Workout, a unique fitness program for residents of all ages and skill levels that includes some of the Garden State's most beautiful scenery, historic sites and iconic attractions.

Working with several fitness and nutrition experts, we've devised creative workouts at signature spots across New Jersey.

If you thought fitness can't be fun ... fuhgetaboutit! Our experts offer tips to help you achieve your healthiest year ever, followed by Inside Jersey's 10 favorite fitness destinations statewide that will help you stay committed and keep you coming back for more. (See "Your Jersey Bucket List to Burning Calories" on *Page 38*.)

So get out there and show your Jersey pride while working your way to improved health and wellness in 2015.

* As with all such programs, you should consult your physician before beginning this or any other fitness program.



Cycling enthusiast Nick Burton gets in some riding time on the scenic Six Mile Run, near the Delaware and Raritan Canal, in Somerset.

Photos by JERRY McCREA



can enhance safety and convenience include a helmet, gloves, apparel, a pump, a water bottle and the means to fix a flat tire if you're out by yourself."

Start Slow and Local

"Biking may be tough at first, until you get used to it, but there's a great moment when you break through that and every ride feels better than the last. Start slow(ly), with low-traffic loops that are near your house, so that you can peel off and head home if you need to. Then pick fun destinations that help you meet mileage targets when you're ready."

rocks, roots and mud; great spots for this include state parks at Allamuchy, Allaire, Ringwood, Lewis Morris and Chimney Rock. For hybrid riding, bike paths along the Delaware and Raritan Canal from Millstone to Princeton, the Columbia river trail near High Bridge, or along the Delaware in Hunterdon County offer highly scenic, traffic-free excursions. Finally, road riding in western, northern and southern New Jersey offer many rural, hilly and beautiful rides; points west of Route 287, such as the town of Oldwick, represent a great starting point."

Cycling for All Seasons

NICK BURTON, manager of High Gear Cyclery in Millburn, has been a cycling enthusiast since he was 10. "Biking wasn't only a great form of transportation, but it gave me freedom, independence and a nice way to explore my town," says Burton, who has been a competitive biker for the past 15 years. "I love to bike because you can go fast enough to cover some ground, but slow enough to appreciate all that's around you." Here, Burton offers ways to build the benefits of biking into your fitness regime.

Begin With the Bike

"The bike you select needs to be appropriate for your size as well as where you'll be riding. Because this is so critical, it's best to go to a bike shop to get sized properly and make sure you're getting the right product for your needs. Other good, basic accessories that

Embrace the Benefits

"Biking is an amazing cardiovascular exercise that won't beat up your joints the way some other exercises, like running, can. For that reason, people can ride well into their 90s. Though it takes roughly an hour-and-a-half-long bike

ride to deliver the equivalent impact of a 45-minute run, biking is great for every muscle in the legs, as well as the core, because it involves holding yourself upright."

Enjoy the Variety

"Biking offers something for everyone. Mountain biking involves



Explore Your Options

"Riding in groups through any of the many biking clubs in the state can help you become a better cyclist, learn how to navigate traffic or obstacles, and find new places to ride. But taking up cycling doesn't require a huge investment. Just get out there and find out what part of the sport you love."



Fun With Fitness

Ask **MARIE LUISI** what makes most people fall off the fitness wagon and this Hackettstown resident and health fitness specialist at Life Time Athletic in Berkeley Heights will tell you it's simple. "A lot of people do what they don't like to do or what they think they should — that's the first mistake." Here, Luisi shares tips on how to keep your workouts effective, inspiring and fun.

Be Yourself

"Just because your friend lost 30 pounds running 3 miles a day doesn't mean that you will, particularly if you don't like running. Everybody is different, so you should find an activity that you enjoy and can do three to four times a week, with a smile on your face. Be open to trying a lot of activities and know that there are more options out there than you might think — from walking, hiking, biking, dancing, yoga and pilates to playing a sport or joining a softball league."



Make Yourself Successful

"If you set unreasonable goals, the feeling of failure will be very de-motivating, so give yourself small goals to accomplish that will help you build confidence. It can be as simple as walking a block as fast as you can; then the next day, try for a block and a half. You'll find that there are many people around you on the same mission, who can offer support. Find your passion and surround yourself with people who will motivate you to continue."

Plan Ahead and Buddy Up

"Make exercise an appointment in your calendar, like picking your kids up at school, and treat it as a to-do item until it becomes a habit. Also consider finding a friend who you enjoy spending time with and start a routine together if that will help hold you accountable for your fitness."

Biggest Bang for the Buck

Among Luisi's favorite exercises are step-ups — up with the right, up with the left, down with the right and down with the left — on stairs, a log, a bench, a crate or anything that offers a 90-degree angle. "Three sets of 15 of these are a great cardio and strength-training activity." She also loves planks and push-ups for their core and shoulder-strengthening abilities, as well as squats or even the repetitive act of sitting and standing, with or without weights, "which works out the midsection, glutes and quads," she says.

Stay the Course

"Sticking to a fitness routine isn't always going to be easy, and it's normal if you don't always feel motivated to do it. But remind yourself that you'll feel so much better afterward."

The Ultimate Goal

"Anyone, at any age and fitness level, can and should exercise to stay mobile. Our goal is to live a healthy lifestyle for as long as we can and to move and feel good for the rest of our lives."

Marie Luisi, a health fitness specialist, demonstrates some of her favorite exercises — including squats, step-ups, push-ups and running — at the Great Swamp National Wildlife Refuge in Morris County.

Photos by STEVE HOCKSTEIN





Get a Physical and Set Your Objective

“Start by finding out what shape you’re in — blood pressure, blood sugar, cholesterol, etc. — to ensure that you’re in shape to proceed, and address your diet as necessary. Your goal — whether it’s to lose weight, add muscle, run a marathon, be a better tennis player — will determine the best exercises to get you there.”

Keep It Balanced

“Running delivers a great aerobic workout. Zumba, the trampoline, steps and forward lunges are excellent cardio activities that strengthen the heart, legs and core. Lifting weights builds strength, and working out with bands can improve muscle tone and leanness. It’s great to always challenge your body to do something different.”



Results-Oriented Training

Marlboro-based certified personal trainer **ERALDO MAGLARA** says that after the indulgences of the holidays, “people make lots of commitments to a healthier lifestyle, but they don’t always stick with it because they approach it as a temporary thing rather than a permanent lifestyle change.” “It’s not a quick fix,” says Maglara, owner of Fitness Training by Eraldo and author of “The Real Fountain of Youth: Simple Lifestyle Changes for Productive Longevity” (Jersey Fit, 2013) “The more you embrace a fitness regime and make it fun and challenging, the more effective it can be.” Maglara offers his best tips for kicking off and committing to a workout that will deliver results.

Certified personal trainer Eraldo Maglara takes to the sidewalks, beach and historic sites of Asbury Park for a workout that includes lunges with a kettle ball, ladder drills and a run on the sand, as well as arm and leg stretches outside the Casino building.

Photos by RUSS DESANTIS

Cardio for Conditioning

“As the heart is a muscle, the goal is to train it to do the same amount of work with (fewer) beats so that it’s working more efficiently. A good cardio program will improve circulation, enhance oxygen intake, help prevent heart disease and boost longevity.”

Keep Moving

“Studies show that being sedentary can remove years from your life. If you’re sitting too much, whether in an office or at home, take small breaks, get up and walk around, or go outside at lunchtime and get some fresh air. It does a body good.”

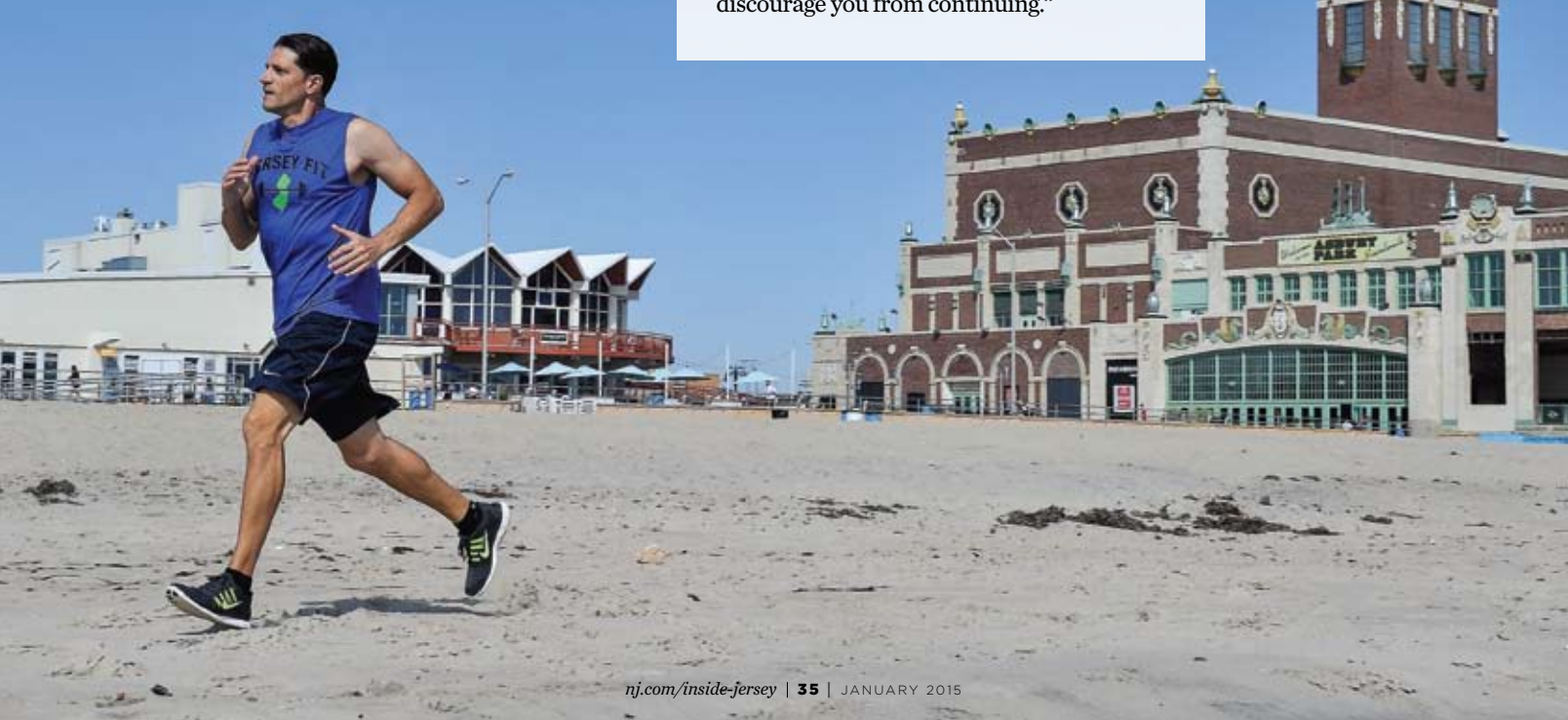
Stretch

Maglara advises a warm-up involving five minutes of cardio before a workout to get lubricated, as well as stretching afterward. “When

you work out in any way, you tighten up as soon as you’re done. Stretching will increase your range of motion while muscles are still warm and help prevent injuries.”

Proper Form

“Don’t be a warrior and try to do everything in one day. Take the time to learn how to do exercises properly, as incorrect form or technique can cause injury and then discourage you from continuing.”



Choosing fresh produce, adding salad greens to a meal and consuming more fruits and vegetables are all smart ways to eat healthily, says dietitian Julie Dorfman, seen during a visit to Springdale Farms in Cherry Hill.

Photos by AVI STEINHARDT

Mind Your Food

A sound approach to nutrition goes hand in hand with better fitness, but “most diets just don’t work,” says dietitian **JULIE DORFMAN**, of Cherry Hill. “If (diets worked), there would only be one and people would be able to diet successfully and be happy.” Instead, she says, good nutrition is about “developing a healthy, balanced, intuitive and mindful approach to eating.”

Dorfman shares her best tips for healthy eating in the new year.

Portion Control

“Many of us eat because we’re emotionally stressed or because we’ve had the ‘clean the plate’ habit instilled in us. Healthy eating involves sensing your body’s physical hunger and fullness levels, and being mindful of portions. This means recognizing when you’re full, eating only half and taking the rest home, or sharing an

entrée with someone along with an appetizer or salad.”

Balance It Out

“The addition of a salad or roasted vegetables to a meal can boost its fiber content and your resultant energy level, while helping you avoid some of the denser and more caloric carbs, like pasta. Eat more lean protein, dairy, and fruits and vegetables, and switch to more healthy carbs like whole-grain bread, brown rice and quinoa.”

Plan Ahead

“Planning meals out ahead of time on a weekly grid can help you think about different proteins, carbs and vegetables, build in variety and keep you organized, so that you can shop in advance and make better meal decisions.”

Eat More Fruits and Veggies

“The high fiber in fruits and vegetables keeps you fuller longer and helps you avoid mindless snacking,” Dorfman says, and New Jersey’s hundreds of markets make access to fresh, local and seasonal produce easier than ever. “This new year, explore different-colored items and recipes that you’ve never tried before.”

Keep It Real

“Don’t set unattainable goals. Keep them positive and small, such as ‘I will eat more fruits and vegetables this year.’ And don’t necessarily think you have to take foods away, because depriving can often lead to overeating or filling yourself with other things to feel satisfied. You can have what you want — it’s more about portions and frequency.”

Do’s and Don’ts

Dorfman suggests power-packed pairings such as an apple with peanut butter or nuts, vegetables with hummus, or fruit with plain Greek yogurt. “Avoid excessive sugar, highly processed foods, and sweet coffee and energy drinks, and try to cook more and eat out less, so that you can exert greater control over your ingredients and portions. Have fun and try new things. And don’t focus on what you can’t or won’t do, but rather on what you can and will do in the new year. Keep it positive.”



Your Jersey Bucket List to Burning Calories

By SUSAN BLOOM

1

Try your hand at some (or all) of these fun destination-driven workouts, which reflect the breadth of New Jersey's spectacular landscape, rich history and colorful pop culture.

1. Step It Up at Barnegat Lighthouse

According to the calorie tracker StepJockey, we burn 0.17 calories for every step up and 0.05 calories for every step down, so climbing up and down the 217 steps of Barnegat Lighthouse at Barnegat Light State Park, on the northernmost tip of Long Beach Island, will get you nearly 50 calories closer to your goal. Not only that, but the climb

to the top of the 172-foot-high "Old Barney," originally lit in 1859, will be richly rewarding, as the lighthouse offers panoramic views of Barnegat Bay and Inlet, as well as opportunities to view the area's native birds, marine wildlife and flora in the surrounding park and jetties. Call (609) 494-2016 or visit state.nj.us/dep/parksandforests/parks/barnlig.html. For a bigger challenge, walk the steps of more than 10 of New Jersey's lighthouses during the "Lighthouse Challenge" every October (lighthousechallenge.nj.com).

2. Bike Along the Delaware

The beautiful ride along the Delaware River and Raritan Canal, through the 70-mile-long Delaware and Raritan

Canal State Park, offers scenes of bucolic wooden bridges, historic homes and natural habitat as it winds its way from the Hunterdon County towns of Frenchtown, Stockton and Lambertville to New Brunswick in Middlesex County. While ideal for canoeing, jogging, hiking, fishing and horseback riding, biking expert Nick Burton loves the opportunity this ride offers for "a beautiful, varied, and traffic-free biking excursion that people of all skill levels will enjoy." Call (609) 924-5705 or visit dandrcanal.com.

3. Snowshoe at High Point

"When Mother Nature cooperates, we get a lot of snow," says High Point State Park Superintendent Rebecca Fitzgerald.

INSIDE JERSEY FILE PHOTOS



The 16,000-acre High Point State Park in Sussex — which commemorates the highest point in New Jersey (1,803 feet above sea level) with a 220-foot-tall monument to honor veterans — is open for hiking, snowshoeing and cross-country skiing from November through April. The activities are made more convenient through equipment rental on site at High Point Cross Country Ski Center, where half and full-day rental packages are available for less than \$20. "Anyone who can walk can snowshoe," Fitzgerald says. "It's a great workout for the legs — like a nice brisk hike with a little extra resistance — and it's a fun activity for kids and families." Call (973) 875-4800 or visit state.nj.us/dep/parksandforests/parks/highpoint.html.

4. Greetings From Asbury Park

Enjoy a beachside workout or boardwalk run at the Jersey's Shore's famed town of Asbury Park, where historic sites include Convention Hall, the 1920s-era Paramount Theatre, pop culture attraction the Wonder Bar, and renowned bar and concert venue The Stone Pony, which has hosted the likes of Bruce Springsteen, Southside Johnny and



Bon Jovi since opening in 1974. Along with the diversity of the setting, fitness expert Eraldo Maglara says that the beach and boardwalk of Asbury Park also offer great opportunities for exercise, including "lunges and squats with or without weights on the boardwalk, running on the sand for a strong leg workout or performing ladder drills to boost cardiovascular strength."

5. We Love Lucy

For a fun workout destination that's New Jersey's alone, head to the Atlantic County city of Margate to visit Lucy, a 90-ton, six-story-high elephant built in 1881 and fashioned after Jumbo, P.T. Barnum's headline animal act of the day. Considered the oldest roadside attraction in the country, "Lucy is also the oldest example of zoomorphic architecture on Earth and was made a national historic landmark in 1976," says Rich Helfant, executive director of Lucy the Elephant, which is situated on half a city block near the beach. Before taking a tour through Lucy and up the steps to her riding carriage, fitness expert Marie Luisi suggests a workout around her—a 10-minute walk or run on the sand, 10 push-ups, a one-minute plank and 10 each of step-ups and side steps using the bleachers nearby, followed by 15 squats. "Perform two rounds of this, followed by a 10-minute walk or run on the sand again," Luisi says. "This workout should take around 30 minutes to complete, no equipment necessary." Call (609) 823-6473 or visit lucytheelephant.org.

6. Get Your Game On

Fitness experts say that bowling can burn between 200 and 400 calories an hour (depending on your weight), so why not enjoy this iconic indoor pastime at some of New Jersey's most legendary lanes? Among them, the modernized, yet '70s-ish, Boonton Lanes in Boonton, or the "Happy Days"-esque Van Houten Lanes in Clifton, a vintage gem reminiscent of your grandfather's bowling alley "that was built in 1957 and offers 16 lanes," says co-owner Eric Sudhalter. Call Boonton Lanes at (973) 335-0123 or visit nationwidebowling.com, or Van Houten Lanes at (973) 773-1675 or visit vanhoutenlanes.com.

7. Ride by the Raritan

For a great biking experience in Central Jersey, enjoy Six Mile Run, which begins on Canal Road in Franklin Township and offers access

to yet another entrancing section of the 70-mile-long Delaware and Raritan Canal State Park. Along with a solid workout, the more than 3,000-acre reservoir offers views of 18th-century farmhouses and a glimpse into the life of the Dutch settlers who first inhabited the area. Among other highlights of the ride, says biking expert Nick Burton, is the Blackwells Mills Canal House, a historic structure at the site of a swing bridge for canal boats that operated in the 1830s. It now serves as a community center, museum and library of canal history. Call (732) 873-2133 or visit dandrcanal.com/friends_bwm.html.

8. Shine a Light

For a bright approach to fitness in 2015, head to Edison State Park in Edison to visit the Edison Memorial Tower, located on the site of the laboratories where Thomas Alva Edison invented the phonograph in 1877 and perfected the incandescent lightbulb two years later. Adjacent Christie Street became the first thoroughfare in the world to be lit



with the then-breakthrough technology. Though at one point, the 77-year-old tower, which features a nearly 14-foot-high lightbulb on top, fell into disrepair and landed on the list of 10 most endangered historic sites in New Jersey, the museum's renovation is complete.

The tower will be rededicated this spring. "In addition to enjoying the natural paths and pond in our 36-acre park, we've seen many people practice yoga in front of the tower," says Kathleen Carlucci, Edison Memorial Tower director. Fitness expert Eraldo Maglara suggests combining a walk or run on nearby nature trails, with a jog up and down the eight steps located on each of the four sides of the tower, for a great leg, core and cardiovascular workout. Call (732) 549-3299 or visit menloparkmuseum.org.

9. Grab Hold of the Great Swamp

Spread out across 7,768 acres in Morris County, the natural and

undeveloped wilderness area of the Great Swamp National Wildlife Refuge provides opportunities for solitude and unconfined recreation. "With 11.5 miles of trails, many visitors enjoy jogging or biking along the refuge's Pleasant Plains Road, a beautiful gravel road that's free of heavy traffic," says David Sagan, visitor services specialist. "It's a diverse habitat experience that ranges from open fields, with scenic stops and vistas, to open water and wooded areas where visitors can spot anything from white-tailed deer and red foxes to owls and red-tailed hawks." Fitness expert Marie Luisi encourages Jerseyans to embrace this national treasure and build a workout along its pristine trails that involves running or walking, combined with lunges, planks or step-ups, using any of the refuge's benches. "And don't miss the opportunity to reward your senses with a stop at the scenic overlook along the way," she says. Call (973) 425-1222 or visit fws.gov/refuge/great_swamp.

10. Shed Pounds at Grounds For Sculpture

New Jersey's unique Grounds For Sculpture is a 42-acre not-for-profit sculpture garden in Hamilton that features more than 270 contemporary works creatively tucked into the park's beautiful landscaping. Every spring and fall, the site hosts Wellness Walks through the grounds, covering distances from ¼-mile to 1 ¼ miles. "Walks are \$10 and include a light breakfast and wellness talk or demonstration after the 45-minute trek," says Bonnie Brown, director of operations. Call (609) 586-0616 or visit groundsforsculpture.org.

