

# Health & Fitness

## Step up to exercise

By DR. TIMOTHY McCONNELL

Every home comes equipped with one of the best "exercise machines" ever invented: The step. In and around the average home are scores of steps, rising from yards to porches, from cellars to first floors, from first floors to second floors, from second floors to attics. Built of brick, concrete, marble or wood - or, in the case of fire escapes, metal - steps probably exercise the average American more often than treadmills, rowing machines, tennis courts, swimming pools and bicycles.

Unfortunately, most of us regard steps with the same respect that we regard floors. They are something to walk on, that's all. So we use steps only as a means to get from one place to another. If an elevator is available, we avoid steps entirely.

Too bad. In the winter, when ice or subfreezing temperatures prevent us from jogging, biking and hiking - or bludgeoning a baseball into the next galaxy - some of us tend to park our carcasses in front of the TV until the next thaw. We watch, munch, vegetate.

We forget about steps. But suppose that on a snowy morning in January when jogging and biking are impossible, we decided to walk up the steps to the second floor, then down, then up, then down, and so on. After seven or eight minutes, we would begin perspiring, our heartbeats would quicken and we would start to feel the way we do during summer exercises.

And we wouldn't have to worry about oncoming cars and pit bulls. If you decide to step up to this form of exercise, be sure to wear skid-proof footwear and keep the steps free of clutter.

Of course, if your steps are too steep, too narrow or too squeaky, you can always use your carpentry skills to build a portable, step-

### This Forty Fort optometrist now makes house calls

Forty Fort optometrist Dr. Jason R. Smith is now offering a new "at-home" eye care service. The HOME EYE SERVICE provides full eye examinations to people who are unable to go to an eye doctor's office.

The full eye examination includes a refraction to determine a prescription for eyeglasses and a visual health test for cataracts, glaucoma and macular degeneration.

Dr. Smith is a graduate of New England College of Optometry, the University of Florida, the University of South Florida and Wyoming Seminary.

He is currently enrolled at King's College in the Master's in Health Administration program and is a member of the American, Pennsylvania, and Northeastern Pennsylvania Optometric Associations, the National Academy of Opticianry, the National Society to Prevent Blindness and the American Foundation for Vision Awareness.

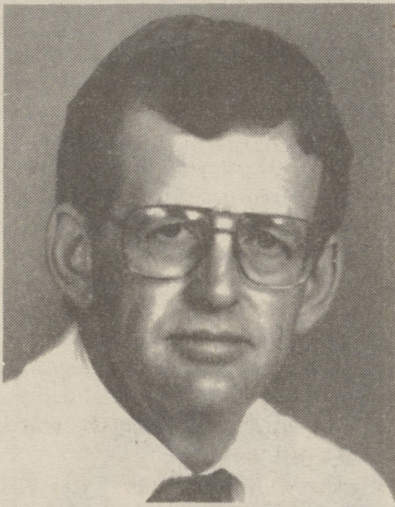
He is in private practice with Dr. Joseph H. Smith at Forty Fort Eye Associates, 1600 Wyoming Avenue, Forty Fort. For more information call 288-1218.

up platform that you can work out on. If you lack carpentry skills, you can buy such a contraption at a sporting-goods store.

Another option is to climb steps at work, during your lunch hour. That option is ideal if you work in a skyscraper, a Gothic cathedral with a bell tower or a double-decker bus.

Suppose, though, that climbing steps isn't for you. It's too boring, too repetitive. Well, that's no excuse to plop in front of the TV. Other options include:

- Playing indoor racquetball, handball or tennis.
- Swimming at the local "Y".
- Skiing and ice-skating.
- Taking a two-mile walk through the corridors of the local mall.



DR. TIMOTHY McCONNELL

But whatever you do, you must do it regularly - say, three or four times a week - for 20 minutes or so at a time.

## Dr. Cimochoowski to speak at national conference

George E. Cimochoowski, M.D., chief of cardiac surgery at the Wilkes-Barre General Hospital Campus of Wyoming Valley Health Care System, will present at the upcoming annual meeting of The Society of Thoracic Surgeons in Palm Springs, California.

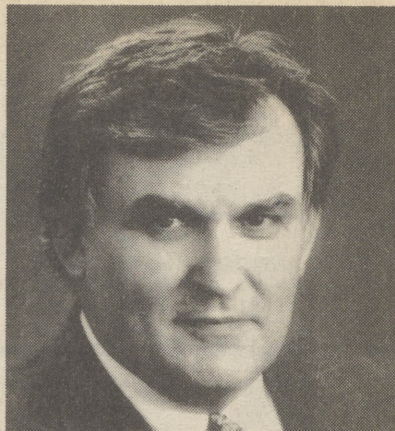
Dr. Cimochoowski's audio-visual presentation—co-authored with Dr. Alfred D'Anca and Dr. Michael Harostock—is titled, "Delayed Closure of an Open Sternum Using Cadaver Bone Following the Fourth Coronary Artery Bypass Procedure" and has been accepted for the Surgical Motion Picture Session of the conference, to be held January 30. This is the first time ever in the history of cardiac surgery that a cadaver sternum was used in such a procedure.

The presentation will represent the third time in recent months that Dr. Cimochoowski has accepted invitations to present at prestigious national conferences.

He recently addressed two topics at the 32nd annual meeting of the Pennsylvania Association for Thoracic Surgery and presented at the American College of Surgeons in Chicago, Illinois.

An experienced presenter on the subject of cardiac surgery, Dr. Cimochoowski has served as the chief of cardiac surgery at Wilkes-Barre General Hospital since 1990. A graduate of Pennsylvania State University, he received his medical degree from Jefferson Medical College, Philadelphia, Pennsylvania and completed his medical internship at the District of Columbia Medical Hospital, George Washington University Service, Washington, D.C.

He served residencies in orthopedic and general surgery at Tripler Medical Center, Honolulu, Hawaii and in cardiac surgery at



DR. GEORGE E. CIMOCHOWSKI

the University of Chicago, Illinois. Dr. Cimochoowski maintains board certifications with the National Board of Medical Examiners and the American Board of Thoracic Surgery.

## OPTOMETRISTS DO MAKE HOUSE CALLS

A mobile eye service is offered by Forty Fort Optometrist, Dr. Jason Smith. He makes comprehensive home visit eye examinations available to people unable to go to an office for eye care. Arrangements for appointments can be made by calling Dr. Smith at the Forty Fort Eye Associates office at 288-1218.

### FORTY FORT EYE ASSOCIATES

DR. JOSEPH H. SMITH • DR. JASON R. SMITH OPTOMETRISTS

1600 Wyoming Ave., Forty Fort  
288-1218  
Monday-Saturday, 9-5

*Celebrating 45 years of Quality Eye Care and Contact Lens Research in Northeastern PA*

## NOW! YOUR OWN



Take home the consumer model of the most popular computerized stationary cycle in health clubs today!

The Lifecycle® model 5500 bike offers the same great features found in the popular health club model... PLUS the convenience of working out in your home!

3-year limited home warranty (see us for details)!

© 1991 Life Fitness. Life Fitness and Lifecycle are registered trademarks of Life Fitness.

Hrs. M-Th 10-8  
T-W-F 10-6  
Sat. 10-4  
Sun. 12-4

**COME IN FOR A TEST RIDE TODAY!**

### Kuc's Fitness Store

548-E. Northampton St.  
Wilkes-Barre, PA  
717-823-6994  
OR  
800-543-2497



## DEBORAH LEVINE, M.S., R.D.

Specialized Counseling for:

- Weight Management
- Eating Disorders
- Medical Conditions
- Wellness / Sports
- Prenatal / Infant
- Food Allergies

### Nutrition & Exercise Counselor

"Compassionate and Supportive Environment"

Individual and Group settings  
Convenient locations

Weight Management & Heart Health

Groups Now Forming

Free Information Session

Thursday, February 16, 7:00-8:00 P.M.

PHONE: 586-2510

# There Is A Difference In Personal Training.



## STAR Personal Training

Your very own *private* program of exercise, nutrition and motivation.

You're in a class by yourself with STAR Personal Training - an individualized program of fitness training that meets your personal needs, your schedule and your personal objectives!

You'll enjoy personal attention from the start, with a comprehensive health risk appraisal, nutritional profile and fitness evaluation. A Registered Dietitian follows up with a dietary plan created just for you.

Then, a Certified Personal Trainer designs a course of exercise incorporating state-of-the-art equipment, helping you reach and maintain your fitness goals through:

- Strength training
- Flexibility improvement
- Aerobic conditioning
- One-on-one coaching

It's a fitness program for life - training you to train yourself...no matter where you go.

Now is the time for you to be in a class all your own. Experience the STAR personal training difference for yourself.

Sign up for STAR Personal Training treatment today!

TPS Medical Pavilion  
468 Northampton Street,  
Edwardsville  
283-4550

Monday - Friday, 5:00 a.m. - 9:00 p.m.  
Saturday, 7:00 a.m. - 4:00 p.m.  
Sunday, 7:00 a.m. - 2:00 p.m.

Dallas Shopping Center  
Route 309,  
Dallas  
674-6017

Monday & Wednesday,  
8:00 a.m. - 6:00 p.m.  
Tuesday, Thursday & Friday,  
8:00 a.m. - 4:30 p.m.

Personal Fitness Training by appointment.

A service of  
WYOMING VALLEY HEALTH CARE SYSTEM

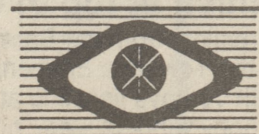


"A VISION OF EXCELLENCE"

# FREE

## VISION, CATARACT & GLAUCOMA SCREENING

Wednesday, February 1st  
1:30 p.m.-3:30 p.m.



THE PUGLIESE EYE SPECIALISTS & AMBULATORY SURGICAL CENTER

601 Wyoming Ave., Kingston  
288-7405 or 1-800-322-4733