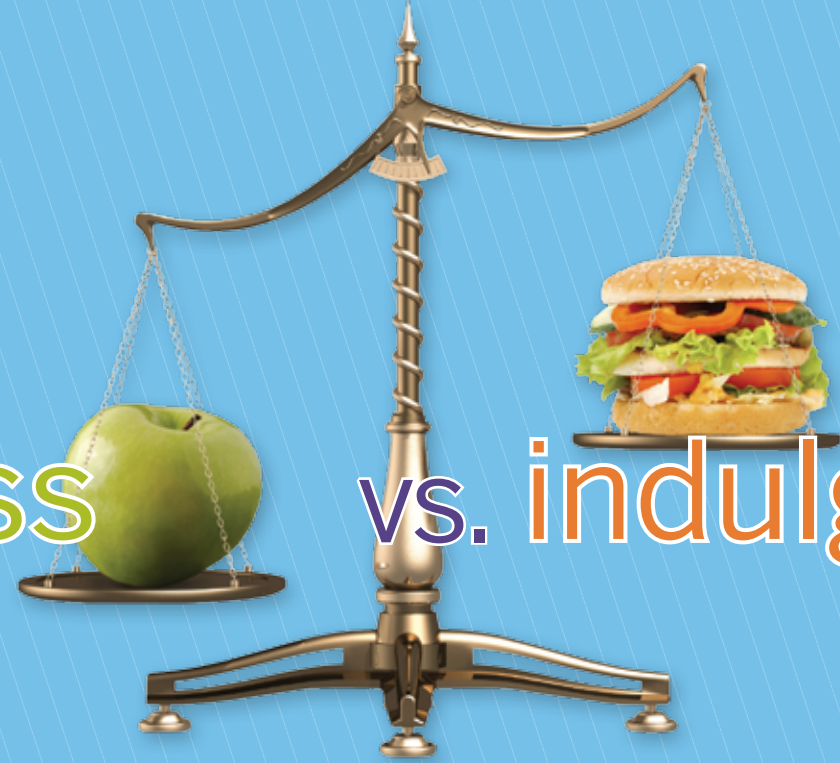




# fitness vs. indulgence



## The Ultimate Struggle

By Jonna Moore

The holidays – including Valentine’s Day – not only invite us to overindulge, but they also provide a perfectly reasonable excuse to enjoy that extra brownie, slice of cake or piece of chocolate candy. We asked local health and fitness gurus how to balance exercise and cravings on your way to becoming a more healthy person. Here’s their advice!



### Stacy Brown

President of Sunshine Wellness Resources, LLC  
West Reading

#### Fitness Schedule:

“Most days I get up at 5 a.m. and head outside for a run or brisk walk. I find that starting my day with exercise gives me more energy throughout the day, helps set my mind flowing in the right direction, and usually I have no interruptions. I also practice yoga and strength training to keep balance in my workouts and body.”

#### Favorite Indulgences?

“I admit that I love dark chocolate. So anything dipped, baked or smeared with it will suffice! I have two favorites that I’ve recommended to clients that work for me. I am a huge fan of Bear Naked Heavenly Chocolate granola. I take a 1/4-cup of the granola and add berries and vanilla yogurt for a wonderful, healthy treat. I also have a fetish for Starbucks non-fat white chocolate mochas, of course no whip!”

#### How do you balance your fitness goals and enjoy your favorite sweets?

“I balance my goals and sweets by first making sure I get my exercise session in first thing in the morning. It helps set the proper framework for my dietary choices throughout the day. When I have a craving, I tend to take care of it by making the nutritious selections to satisfy the craving. I have found that ignoring a craving only leads to overindulging!”

#### What advice would you give to our readers on how to balance fitness and indulgence?

“We naturally learn balance as we practice making sound choices. Making the time that best fits your schedule to exercise is very important. Exercise invigorates the mind, strengthens the body and gives you confidence. The most important gift we have to give ourselves and others is our health. When we make health a priority in our lives, the cravings for sweets and other foods that don’t complement optimal wellness tend to diminish.”

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#### Fitness Schedule:

“I typically work out every day anywhere from one to three hours. I do Pilates twice a week, weight lift twice a week, and then a lot of cardiovascular types of exercise.”

#### Favorite Indulgences:

“I do love ice cream. Rocky Road is my favorite kind. If I’m not careful I could get myself in trouble with that!”

#### How do you balance your fitness goals and enjoy your favorite sweets?

“I have never been the type of person to deprive myself of any type of food. The balance for me comes in knowing that even if I do overdo one day, I’ll be back at the gym the next.”

#### What advice would you give to our readers on how to balance fitness and indulgence?

“I really do try to live my life by the 90 percent/10 percent rule. Which is, 90 percent of the time I try really hard to eat healthy and put nutritious foods into my body, and then 10 percent of the time I enjoy life. My advice for someone who isn’t as big a fan of exercise as I am might be to find an exercise partner, hire a trainer, get some good music, or get involved in a group fitness class at your local gym. Do whatever you need to make it become a habit.”



### Lisa C. Ostergaard

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#### Fitness Schedule:

“Ashtanga and Yin Yoga six days a week and Mixed Martial Arts two or three days a week.”

#### Favorite Indulgences?

“Raw, vegan macarons and vegan brownies.”

#### How do you balance your fitness goals and enjoy your favorite sweets?

“I use no dairy, refined sugar or flour in my desserts. I only use natural sweeteners that will not affect my blood sugar. The sweeteners I use are raw agave nectar or stevia that are highly medicinal, and they won’t put the pounds on! I also eat lots of fruit.”

#### What advice would you give to our readers on how to balance fitness and indulgence?

“Make your own desserts and use good quality sweeteners such as stevia, raw agave nectar or honey. Don’t use dairy; it’s loaded with fat and cholesterol! Use milks made from almonds or soy – even though I myself prefer hempseed milk – and eat lots of fruit.”

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#### Your fitness schedule:

“I vary my training to improve my performance and to keep my workouts fun and fresh. I participate in classes at Corps Fit, Wyomissing. I also include trail running in my routine. To take my training to the next level, I perform more intense activities using different training modalities, such as plyometrics. In general, I work out four or five times per week, allowing for a couple of days of rest and recovery between the more intense training sessions, which is imperative in maintaining an injury-free physique.”

#### Favorite Indulgences?

“My favorites are homemade goodies like apple crumble, rice pudding and, of course, chocolate.”

#### How do you balance your fitness goals and enjoy your favorite sweets?

“I use what is known as the ‘zigzag method’, which basically means if you overindulge one day then the following day you back it off. This applies to both working out and eating, as moderation and balance are the keys.”

#### What advice would you give to our readers on how to balance fitness and indulgence?

“Make your fitness and nutrition goals realistic ones. Work towards them with patience, structure and consistency. Educating yourself on substitutions for sweet cravings is entirely possible. Start with eating the right foods frequently to curb cravings. Fresh is best, so keep with fruits like apples, pears and berries, which can control sugar levels, portion sizes and ultimately the calories you consume.”

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### Todd Grube (Heng Ni)

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