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Juliet Brings the Gym To You! Crawford's Fitness Trainer Covers A Wide Area

By Chris Rowley

She has a decade's worth of experience and serves a wide area, from Woodstock down to Warwick, and what she will do is get you moving, off the couch, and into fitness.

More than that, Juliet Gould will tailor the work to that level of fitness which you can realistically achieve. And she does this with good humor and some discipline.

"My car, oh my, looks like I must be a circus assistant or something it's so full of balls and weights and mats and things," she jokes.

But then she adds that everything she does is all in service of the three keys to what she sets out to achieve with her clients: Mobility, accountability and education.

The big takeaway here is that Juliet will come to you! Instead of you mounting up and heading to the gym, Gould will bring her gym to you.

"The essence of this kind of personal training is an individual training program. This helps clients meet their overall fitness and wellness goals," Gould explains. "We do assessments once a month, on average, which lets the client see their progress and keeps them motivated. It also lets me see if I need to change their program."

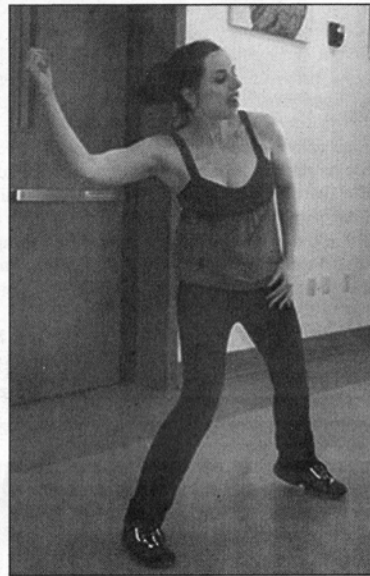
The program is about more than just exercise, too.

"We discuss nutrition — that is a huge part of this. I look at training holistically, and that means including

things like emotional health and spirituality," she adds. "Overall holistic health involves all these things. If you just train the body you may not be very effective; I'm looking for long term results. That means, of course, injury prevention and lifestyle changes."

How might this work? Are you hearing a shrill drill sergeant barking orders yet?

"Okay... motivation? Crucial for my clients. I can be a bit of a military coach, but there's also a nurturing aspect to provide encouragement as much as anything," Gould continues. "So, say it's ten pushups we're doing today. You have to do them and I have to make you, but we are going to be flexible, up to a point. If you're really struggling with a full body pushup we can pull back to a pushup from the knees only. We will find what you can do and we are going to get those pushups done. And I always emphasize the 'we' and not



Courtesy photo

the 'you,' because I will always do the exercise with somebody."

And, of course, nothing feels better than achieving those goals, even if it means doing the pushups. But Juliet insists on a crucial point...

"I've worked with all levels of fitness. I've worked with people who could only do chair exercises," Gould says. "I have a lot of experience and certifications for working with special populations; that means with seniors and those with certain kinds of injuries and disabilities. I've worked with people with multiple sclerosis, and lots of people with hip and knee replacements."

In addition to her mobile service, Juliet has a beautiful space in the Town of Crawford on a farm, "so people can come here if they prefer or I can go to them."

Things begin with a free consultation so Juliet can work out a plan for the client's training.

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"They get health screening, kind of like when you go to your doctor," she says. "I check weight, blood pressure, pulse. I need to know whether you're a cardio-vascular risk, and if you meet a certain criterion of that kind of risk I have to get a doctor's clearance for you."

Once you're in training, there are monthly assessments.

"This lets us see the progress, and it also helps to motivate people," Gould goes on. "Plus, I need to see if things are working or whether I need to change their program."

Juliet also works with people who are already fit but want to get fitter!

"In addition to working with seniors and rehab-training, I also do intensive training and athletic conditioning," Gould explains. "A recent client of mine was prepping for a marathon. And I have another client who runs marathons a lot, so that's another set of challenges. There are three aspects of complete fitness training: cardio-vascular, strength and flexibility, and balance. Flexibility is very important

as we get older, because we can lose that. I have Pilates training and a little yoga training, too. So if you loved yoga, then I'm going to put some downward dogs in the workout."

Gould also has couples' training...

"That can be a good anniversary gift, and training with a friend can be inspiring," she adds. "I can design really fun exercises you can do together so you're motivating each other. And I also do small groups, three to five people at a time."

What about scheduling all this activity?

"It's all according to your schedule. I have six AMs one day, and three PMs on weekend days. I've had doctors and nurses who literally don't know their schedule three days ahead of time, but we fit them all in."

Zumba? Check. Aqua fitness? Check. Outdoors in the park on a nice day? Check.

Juliet Gould is ready to help you reach your goals of fitness in a realistic way. Call (201) 951-1802 or visit www.fitnessbyjules.com for more info. And an appointment!