

VITAL SIGNS: A PROFILE IN BETTER HEALTH

Stretching: Shelly Binder, of Kentwood, an EcoTrek Fitness series leader, pictured at Kentwood Veterans Park, does low-impact outdoor exercise programs.

PRESS PHOTO/DARREN BREEN



Every Sunday, The Press looks at someone who puts a priority on living a healthier life.

Shelly Binder

Age: 58

Hometown: Kentwood

Occupation: American Council on Exercise (ACE) certified personal trainer and instructor for EcoTrek Fitness and Enhance Fitness

Biggest health challenge: Managing my weight to keep it at a healthy level

Exercise routine: I walk at least 45 minutes to an hour almost

one-hour group fitness classes a week. I also incorporate spontaneous exercise opportunities whenever possible, such as taking the stairs instead of the elevator.

Exercise tip: Schedule it in your daily routine.

Eating plan: I count calories and try to stay around 1,200 a day, eating three small meals and a healthy snack. I have lost more than 150 pounds and have maintained my weight loss for about three years. I know I need to follow healthy habits the rest of my life to have a quality life.

Guilty pleasure food: Trail mix

veggies and grilled tuna

Breakfast today: A banana, a slice of 35-calorie whole grain toast, and two tablespoons of crunchy peanut butter

Daily doses: A multivitamin designed for people older than 50

Healthy advice: Get at least six to eight hours of sleep every night, exercise for an hour at least five times a week, eat mindfully and nutritionally, drink at least eight glasses of water every day and make time for quiet meditation or prayer.

Want to be featured in our health profile column? Send an email, including your name and phone