

You'll stay with routine if moving is fun

OUR HEALTH

By Lauren Wilcox
Tribune Staff Writer

What is the secret to a successful exercise routine? According to one native South Bend exercise expert's latest book, "Life Moves," the answer is simple -- do what feels good.

Wellness educator Karen Danner graduated from John Adams High School in 1985. She received her exercise and wellness degree at Arizona State University in 2002.

"I got interested in exercise and wellness purely for improving my own lifestyle. I always had a sense that there was a more inclusive way to approach exercise than the tough-minded programs I was seeing and failing to adhere to," Danner said.

After being involved in sports during junior high and high school, Danner wanted to incorporate physical activity in her daily life. And she hoped to introduce an exercise method for others -- including the elderly and sedentary -- to use in a variety of climates, not just warm places such as Phoenix, where exercise is easier to enjoy.

Heavily regimented 12-week programs that incorporate strict amounts of time for cardiovascular and weight training are tough for sedentary people to master, Danner said.

As the founder of Love Yourself Well, a wellness education and promotion company, she tries to inspire people to understand their bodies in relation to nature and the external world. She encourages people to use their creativity to develop individual programs that put their bodies in motion.

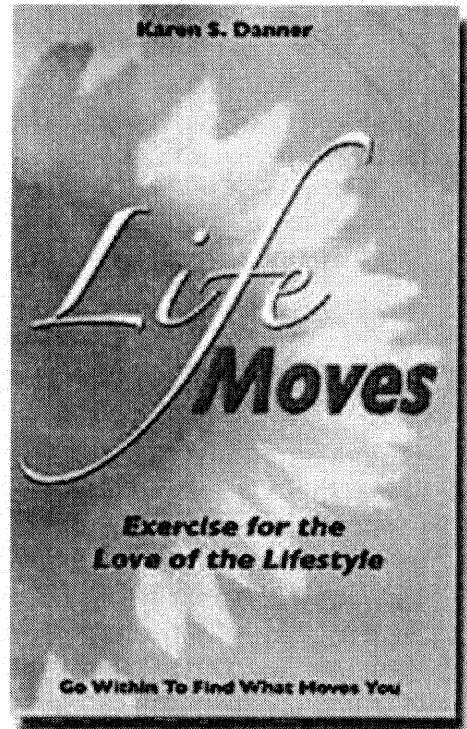
She teaches that the human body is naturally in constant motion on the cellular level. Inactivity goes against nature.

"Life Moves" explains her coaching techniques. Danner advocates identifying good feelings and incorporating them into an exercise. She says feeling good with one's exercise experience leads to feeling good about one's life.

"Make exercise fun by remembering when exercise was called play," Danner says in her book.

One of her clients' favorite exercises involves dancing. Danner suggests people make a CD of their favorite songs, which they can use to dance around their living room.

Danner delivers her exercise philosophy through inspirational speeches and workshops at various group gatherings, corporations, universities, women's retreats, churches and nursing groups.



Buying the book

To order a copy of "Life Moves," visit the Web site www.loveyourselfwell.com. "Life Moves" is published by Good Press, a division of Love Yourself Well, and costs \$19.95.