48 NEWS TRANSCRIPT Shore Heart Group Shore Heart Group is proud to welcome two n*e*w associates "bringing world-class cardiology to our communities". Riple 1. Han salia, MD Specializing in electrophysiclogy Training includes John Hopkins University, The University of Manyland Hospital The Mount Sinal Medical Center Rayson C. Yang, MD Specializing in interventional cardiology Training Includes - SUNY at Syracuse College of Medicine North Share University Hospital Dantmouth-Hitchcock Medical Center Our Doctors and Staff wish you and your family a Happy, Healthy New Year

Sncardy,

Offices in Neptune, Brick, Toms River, Manahavkin, Freehold

Maurice Welss, M.D., FACC, FSCAL

james Orlando, MD, FACC, FSCAT

Renato Apolito, M.D., FACC, FSCAI

Tony Chu, M.D., FACC, FSACI

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AND BY COPMEN KARDEN BOIL FACINGS AND HIS FOR YOU Dr. Corinne Kauderer DPM, FACEROM T Board Certifie d-DABPOPPM For Chronic Heal Phin! PODIATRY SERVICES Alliani Wili Ballar Bay * Diabetic Foot Care Calinses & Coms * Infections * Sports Medicine/ Custom Orthotics Bungal Bails: Instrovu Tograila * Poor Circulation *Přettromas Digital X-Bays • Wante Cobil Laser Ankle Sprains • Heel Pain *Diannostic * Bunions & Hammertoes Pierve Testing Mellionre, GHI, BC/BS, Horizon PPO, Caloni, 1199, UHC & alliers.

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(#100 Value) New Patients Only. Connecting continued. Expires 1/27/10.

Dr. Allan Goldfarb DDS NYU Grad 1980

DESCRIPT SERVAL

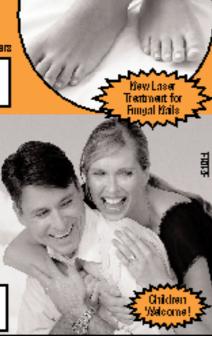
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🔄 Mariboro - 4 Bite Willis. EXAM & CLEARING





Health & Fitness



Move of the month

Name of exercise: seated medicine ball trunk rotations

Primary muscles: rectus abdominus (abs), transverse abdominus

Secondary muscles:

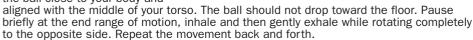
(synergists/stabilizers), erector

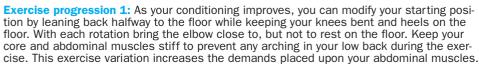
Equipment needed: medicine ball

Level: beginner

Starting position: Sit on a mat/floor with your knees bent, feet together, heels on the floor while holding a medicine ball in your lap close to your body. Start with a light ball (2 lb.) and increase the weight of the ball as your fitness level improves. Sit upright with your chest raised toward the ceiling and back erect so that your torso is perpendicular to the floor. Stiffen your torso by contracting your core and abdominal muscles ("bracing").

Rotation: Without leaning backward, exhale and slowly rotate your torso and the ball to one side, keeping the ball close to your body and





Exercise progression 2: As your conditioning levels continue to improve, you can modify your starting position once again by leaning back halfway to the floor and lifting your legs off the floor. Keep your knees bent and feet together during the exercise. With each rotation bring the elbow close to, but not to rest on the floor. Keep your core and abdominal muscles stiff to prevent any arching in your low back and avoid any shrugging in your shoulders during the exercise. This exercise variation further increases the demands placed upon your abdominal muscles.

Wayne's tip: Intermediate and advanced rotational exercises should only be attempted after completing beginner exercises.

Wayne Matus is the owner of Fitness Together, Freehold, 3585 Route 9 north, Freehold. For more information, call 732-431-5555 or visit www.ftfreebold.com.



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Doctors of chiroperactic recommend the following rules to guard against spinal health problems.

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