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### Three ways to get in shape unite for wellness program

By ANDREW POTTER, TIMES-REPUBLICAN

Three Marshalltown businesses are joining forces in a new program that covers different aspects of keeping people fit.

The 10-week program known as the Fitness Triad is a joint venture of Hy-Vee, Anytime Fitness and Dunham-Fritz Chiropractic.

The program combines healthy eating, working out and massage for a total positive body experience.

“The goal is to maintain healthy practices that they can keep for a lifetime,” said Stacey Loftus, dietician at Hy-Vee and one of the organizers of the program.

The program includes meeting with Loftus to build good dietary habits, working out with personal trainer Kerri Whitmore and massage therapy.

There are two types of packages with the program with one being \$300 and one \$400. Since the program is catered to each individual it can start whenever the person signing up wants to begin.

Loftus said that working out and healthy eating should be paired together.

“They go hand in hand,” she said. “You can’t really do one without the other if you want to see any type of change — especially for weight loss.”

She said the massages work as a reward for the hard work or to help with sore muscles.

Loftus got the idea from dieticians who have started the program in Des Moines.

For more information on the program call Whitmore at Anytime Fitness at 641-752-2927.



Hy-Vee dietician Stacey Loftus looks at a product in the healthy foods section of the store. Hy-Vee, Anytime Fitness and Dunham-Fritz Chiropractic and joining together to offer a 10-week wellness program for area