

BUSINESS

BIGCAPS
 IN CHICAGO
-5.22%

The one-week (Aug. 8-15) change in stock price for the 50 largest Chicago-based companies, based on Dec. 29 market cap. The DJIA was -5.83%; the S&P 500 was -6.08%. Year-to-date: Chicago big caps +3.92%; DJIA +3.19%; S&P 500 -0.85%. For the Chicago big caps list, go to our Web site, select "Bigcaps in Chicago" under Business.
Stock data courtesy of Chicago investment firm William Blair & Company
www.williamblair.com

Slow-motion workout brings fast results

By **SANDY ILLIAN BOSCH** | Contributor

A cup of coffee, a stroll on the beach and a deep breath are all best enjoyed slowly.

An Oakbrook Terrace company adds one more thing to that list — exercise.

Dynamic Strength, 1S450 Summit, helps clients of all ages get fit in just two weekly 20-minute sessions of slow, methodical strengthening work.

"We use medical rehab machines," said Nicki Casale, who started the company five years ago.

The machines require slow movement that strengthens muscles and tones the body. Every exercise session is tailored to the client's needs, and every session is overseen by one of Casale's trainers.

"We put each person on five or six machines that will work their entire body and let them meet their goals," Casale said. "We tailor the workout to their ability."

As that ability grows, so does the workout. Weight is added to the machines each time, so the workout is always a challenge. One 20-minute workout, Casale said, delivers the results of a three-hour weight-training workout, but without the risk of injury.

"You cannot get hurt doing this," Casale said.

He said slow and methodical doesn't mean boring and clients Marilyn and Chuck Doherty agree. The couple travels from River Forest once a week



Dynamic Strength trainer Karrie Kopperud keeps an eye on Nancy Velon as she does her 20-minute workout. — Steve Johnston/Staff Photographer

to keep up on the fitness routine they started in Florida.

Finding a place back home that offers slow-motion strength training wasn't easy. Casale said there are only a few facilities outside the rehabilitation world that offer it.

The Dohertys agree it's worth the weekly trip.

"I don't like exercising, but I like this," said Marilyn Doherty, who started the training after she saw the results her husband was getting. She likes the results she sees in herself,

too.

"I have more energy," the 70-year-old said.

"And I love to do this," she said, flexing her toned biceps. "That just slays me."

She's getting stronger, too. On a recent getaway to Colorado, Doherty easily hoisted her own suitcase — something she said she couldn't have done before she started working out.

Casale said there are a lot of advantages to slow-motion Strength Training over other

exercise methods. Clients, who range in age from 20 to 80-plus, are able to work out in whatever they are wearing for the rest of the day, and because the workout doesn't make them sweat, they're able to get on with their day after their workout is done.

"People are so overwhelmed with responsibilities, they often choose not to work out," Casale said. But her method removes the need to prepare or recover — cutting the time a workout takes from a person's

day.

"Lunch is a busy time for us," she said, as is after work. But with hours from 6 a.m. into evening, there's plenty of time for everyone to get the time and attention they need. And because no more than two people are scheduled to use the workout room at any time, there's never a wait for a machine.

All workouts are done by appointment. Each session costs between \$35 and \$45, depending on the package purchased.

New clients first undergo a consultation in which the trainer helps to assess that person's fitness goals and their workout needs. No matter what the goal, Casale said her clients see results fast.

"Within eight sessions you should notice differences," she said.

Following a workout, many clients choose to take advantage of another service offered at Dynamic Strength — active isolated stretching. Trainer and massage therapist Cathleen Carlson is trained to help clients stretch beyond what they can do on their own, helping them to recover from injuries, or just feel better after a workout. Active isolated stretching increases flexibility and mobility, Carlson said, helping people further their fitness goals.

For more information about slow-motion strength training or active isolated stretching, call (630) 627-1120.

OUT&ABOUT

PEOPLE IN OUR COMMUNITY

Geoffrey Harris, 43, of Oak Park, has been appointed to Assistant Professor of Finance at the Illinois Institute of Technology's Stuart School of Business.

A graduate of University of Chicago, Harris' current research interests are credit risk modeling, credit risk management and derivatives, simulation and fast approximation of derivatives.

Harris joined the Stuart School of Business as an adjunct professor in 2006. He has taught courses on financial modeling and fixed income structuring. Prior to joining

Stuart, he worked both as an academic physicist and as a quantitative researcher and risk manager in the financial industry.

As a physicist, Harris conducted research in particle physics, string theory and statistical mechanics during graduate school and postdoctoral appointments at Syracuse University and the University of Chicago. This work led to 12 journal publications. He has also taught and presented his research at numerous physics and finance seminars and professional conferences.

Harris has been a vice president in market risk management at First Chicago NBD, and subsequently a vice presi-

dent and director in quantitative research at Bank One and JP Morgan. His specialization has been credit risk management, methodology and modeling, particularly applied to derivatives. He has extensive experience working with complex structured transactions. He also has vetted a variety of financial models, including models used to price interest rate derivatives, used by these institutions.

Deborah H. Holdstein, of Oak Park, will be joining the academic administration at Columbia College Chicago this summer, announced Provost and Senior Vice President Steven Kapelke. Holdstein will take the helm as a dean.

Holdstein has served as chairwoman of the English Department and professor of English at Northern Illinois University since 2005. She serves as editor of College Composition and Communication, the flagship journal of studies in composition and rhetoric. She also serves as an officer of that national organization. Holdstein has published and presented on a wide variety of scholarly subjects from literature and rhetoric to film studies and technology. A new volume, *Judaic Perspectives on Literacy: Contexts for Rhetoric and Composition*, which she

co-edited with Andrea Greenbaum, is forthcoming this summer from Hampton Press.

Prior to her arrival at NIU, Holdstein taught at Governors State University, where she chaired the Graduate Council and held the position of Faculty Associate for Graduate Studies and Research, at one point also serving as Special Assistant to the Provost while chairing the university's North Central re-accreditation process.

Holdstein, who holds her doctorate in English/Comparative Literature from the University of Illinois, understands the special position of the Liberal Arts and Sciences at a college focused on Arts and Media Education.