

## VITAL SIGNS: A PROFILE IN BETTER HEALTH



PRESS PHOTO/T.J. HAMILTON

**On the move:** Marie Gasser does a variety of workouts that include running or walking through Grand Haven Central Park.

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

## Marie Gasser

**Age:** 54

**Occupation:** Registered sales assistant for a brokerage and investment banking firm

**Biggest health challenge:**

Finding the time to work out. Every morning, I do Kathy Smith's six-minute ab and back workout. Sunday mornings, from 8 to 9:30 a.m., I do an EcoTrek Fitness class. Twice a week, I go to a friend's home after work, and we exercise to different tapes and CDs like Denise Austin and Turbo Jam. I

also lift weights at home whenever I have the chance.

**Exercise Tip:** Hang around with other people that motivate you to exercise, and have fun doing it.

**Dieting history:** I have basically maintained a healthy weight since I was a teenager. I eat small amounts of healthy food throughout the day (breakfast being my largest meal) that includes lots of protein.

**Guilty pleasure food:** Chocolate peanut butter ice cream

**Favorite healthy food:** A chicken salad with mandarin oranges, almonds and cranberries

**Breakfast today:** A bowl of Kashi cereal sprinkled with flax seed and wheat germ and a sliced apple

**Daily doses:** I take a good multivitamin in the morning. At night, I have a glass of milk with my calcium/magnesium vitamins as well as fish and flax seed oil capsules.

**Healthy advice:** When I was younger, my goal was to keep my weight in check. That's still important, but now my top priority is to feel better and reduce stress.

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EcoTrek Fitness

