

Governor's Foreword



As governor of West Virginia, I am blessed in being able to lead one of the most beautiful states in the nation. But I am dedicated to making it a better place to live, and this includes improving the health of our people. Like many Americans, we have fallen into sedentary lifestyles with too much food and not enough nutrition. That is why First Lady Gayle Manchin and I are working to promote exercise, proper diet and other aspects of a healthy lifestyle.

We recognize that government policy can be a catalyst, but personal accountability is at the heart of adopting long-term healthy habits. Furthermore, while the support of family and friends is important, each individual must take responsibility for his or her own health. However, it can be a daunting task to figure out how to achieve the right mix of physical activity and nutritious foods while avoiding fads that easily sabotage our efforts.

One individual who stands out for her devotion to the fight on obesity and inactivity is Cindy Boggs. Her long term commitment led me to appoint her to the Governor's Healthy Lifestyles Coalition. There she serves under the direction of the First Lady to affect policy and bring about positive change within school, business and community environments.

Cindy believes information is the missing link to achieving health goals. This was her motivation to create a Q and A fitness and health column, *CindySays*, which has been a popular resource since 2002 in the *Charleston Sunday Gazette-Mail*. Responding to countless inquiries about common challenges and misconceptions has given her great insight into the fitness industry with the ability to offer sound and reliable advice.

Now, she has written her first book, *CindySays – "You Can Find Health in Your Hectic World"*. In this accessible book, she brings together her many years of YMCA experience as program developer, instructor trainer, fitness presenter, advice columnist and community health advocate to reach people where they live. She responds to the real questions and conflicts busy people face in their attempt to maintain a healthy lifestyle. Her insights not only reflect extensive knowledge and practical experience, but also understanding. She knows people, and it is this quality that sets Cindy apart.

We are fortunate that she has brought all of her experience and knowledge to bear on this easy-to-use, wide-ranging resource guide. We are proud that it has come from a native and lifelong West Virginian.

Therefore, it gives Gayle and me great pleasure to welcome her book, *CindySays – "You Can Find Health in Your Hectic World"*, as the healthy lifestyle advice book we all need.

In the interest of the best health for all of us,

Joe Manchin III

Governor

Gayle C. Manchin

First Lady

Press Release



CONTACT: Cindy Boggs
304-342-3533 Home
304-340-3527 Office
403 Hemingway Avenue
Charleston, WV 25311
cindysays@aol.com
www.CindySays.com

Fitness Industry Paralyzes Public with Information Overload

New book dispels health and fitness hype and offers hope to millions

CHARLESTON, WV— 6/12/07— Are you exhausted by the multitude of conflicting fitness opinions; do you have trouble digesting the rationale behind one restrictive dietary plan after another; and have you threatened to throw in the towel at the next body transformation miracle machine claiming to be the last exercise product you'll ever need?

The new book by Cindy Boggs—**CindySays... "You Can Find Health in Your Hectic World"**, exposes the hype and offers healthy lifestyle advice with a consumer advocate mindset. This reader-friendly resource guide is a common sense approach that cuts through the confusion and offers solutions to everyday health and fitness problems.

Cindy Boggs, **Charleston YMCA** fitness director, wellness presenter and writer, has offered reliable advice for years in her popular newspaper column for the **Charleston Sunday Gazette Mail**. Certified by the American Council on Exercise, she was appointed to the Governor's **West Virginia Healthy Lifestyles Coalition**, a committee under the direction of the First Lady Gayle Manchin serving to fight obesity and inactivity within the state. She also is a board member of **West Virginia on the Move**. A portion of the book sale proceeds will benefit the Charleston YMCA.

CindySays, "A well-intentioned fitness industry is often a health seeker's biggest adversary. A busy public's desperate search for a fit physique drives this industry as it produces one product and service after another. Staying up with changing trends, aggressively advertised products and complicated diets leave many with information overload which in turn produces analysis paralysis.

Available for \$14.95 June 12, 2007 by visiting www.CindySays.com or by calling 304-342-3533.

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Magazine Sample



Resisting Gravity

By Cindy Boggs

I realized it long ago. My fitness consistency is dependent upon challenge.

I'm not a daredevil—I'm attracted to reasonable physical risk. So I tried climbing – or rock clinging, which more aptly describes my current level of expertise.

My adventure began at Hard Rock Climbing Services in Fayetteville, with climbing guide Kenton Althiser, who is as accomplished as he is lean. (Experienced climbers also have remarkably developed backs and shoulders from resisting gravity regularly.)

I learned a commonly-used method of climbing called top-roping, which involves suspending a rope from an anchor located at the top of the climb. I was fitted into a harness and secured by Kenton, who controlled my rope at the base of the climb.

In a beginner's climb like this, the most serious injuries are typically scraped knees or knuckles, as missing a hold merely leaves you dangling in your harness.

However, if dangling isn't your idea of fun, prepare yourself for the climb with these training tips:

- Cross train to acquire a good base of cardiovascular and muscular endurance. Mix activities like jogging, swimming and cycling at least two days a week. You will usually hike in or out of a climb, so general fitness is important.

- While rock climbing uses muscles you may have never felt before, much of the strength for hanging on is generated from your forearms. Incorporate weighted wrist curls into your routine. Choose a weight that fatigues muscles after 15 repetitions. Hold your arms straight down at your sides, curl your wrists in one direction (only move your

wrist joints) and hold briefly. After 15 reps curl your wrists in the other direction.

- Build hand and finger strength. Squeeze a hand spring/grip strengthener or tennis ball to the point of fatigue every other day.

- Strengthen biceps, triceps, shoulders and back with exercises such as push ups, pull ups and tricep dips.

- Strengthen abdominal muscles by imitating climbing motions such as a hanging leg raise, or use a large exercise ball for abdominal crunches and back extensions. For the hanging leg raise, hang from a pull-up bar with your legs straight down. Raise your legs by slowly bringing your knees in a bent position

What to Wear

It's cooler in the mountains, so bring a jacket and layer with comfortable clothing such as shorts, tights, sweatpants and T-shirts. Rock climbing shoes, which resemble sturdy ballet slippers for the outdoors, may be a smart investment for those who love climbing. Light hiking shoes for the approach to climbing areas are recommended.



Hang tight

Experienced climbers have remarkably developed backs and shoulders from resisting gravity regularly.

up until they are even with your waist.

- Those who are serious about this sport may want to invest in a fingerboard made specifically for climbers to practice pull-ups. Fingerboards have a variety of finger and hand holds for a climber to hang from and can be mounted to sturdy walls or doorways.

If you avoid conventional exercise because you find it boring, I urge you to

try the exhilarating sport of rock climbing.

In addition to being an incredible muscular workout, it will also challenge your mind. Each mountain presents you with a puzzle. Every step and hold is a calculated choice.

And until you try, you will never know how high you can reach or how gracefully you can conquer a mountain.

Where to Go

Ace Adventure Center

(304) 469-2651
P.O. Box 1168
Oak Hill, WV 25901
www.aceraft.com

Extreme Expeditions

800-463-9873
US Route 19
Hinkle Road, East
Fayetteville, WV 25840
www.goextreme.com

Hard Rock Climbing Services

(304) 574-0735
131 S. Court Street
Fayetteville, WV 25840
www.hardrockclimbingservices.com

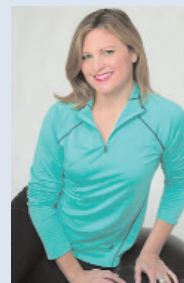
New River Mountain Guides

(304) 574-3872 or 1-800-73-CLIMB
101 E. Wiseman Ave
Fayetteville, WV 25840
www.newriverclimbing.com

Rivermen

1-800-545-7238
U.S. Route 19/Laurel Creek Road
Fayetteville, WV 25840
rivermen.com

Cindy Boggs, free-lance fitness professional and West Virginia's Activate America director, has been an ACE-certified fitness coordinator and instructor at the YMCA of



Kanawha Valley since 1989. She serves on the Governor's West Virginia Healthy Lifestyle Coalition. E-mail questions about fitness, training or health to cindysays@aol.com or visit the website www.cindysays.com.

Newspaper Article

Originally published in the June 3, 2007 Sunday Gazette-Mail newspaper in Charleston, West Virginia

New book in hand, Cindy Boggs embodies what she preaches in its pages

By Douglas Imbrogno

Let's get to the age thing first. Cindy Boggs doesn't hide or shave numbers off how many years she has been on earth: she's 54. But it's not that you can't be fit and look great as a fiftysomething with three grown sons.

It's just that the fitness consultant, Sunday Gazette-Mail healthy lifestyle columnist and West Virginia director of Activate America, has the stamina, body and workout routines of a couple of somethings ago.

But she has no interest in being seen as an exception to aging or as a select member of the Jack LaLanne Academy of Ageless Americans.

Her message, now turned into a new book, is that what she embodies in her own... well, body, is achievable by degrees for anyone with the determination to cut against the grain of our often atrophied modern lives. It's right there in the title of her self-published book: "You Can Find Health in Your Hectic World."

The Morgantown native is an American Council on Exercise-certified instructor and has served as Charleston YMCA fitness coordinator for 18 years, where she trains instructors and coordinates a fitness program with more than 9,500 members.

For years, she has answered questions from Gazette-Mail readers about healthy living, at her Web

site www.cindysays.com and at venues like the "Dr. Fitness and the Fat Guy" radio show. Today, she answers questions about her core message: 'Get up. Keep moving. You can do it.'

Q: You grew up a tomboy in Morgantown with the kind of lively outdoor childhood that kept kids on the move. That has changed for many families today with what consequences for the health of children and parents?

A: When we were being raised, we left the house in the morning and came back when it was too dark to see - or we were starved. And while we were out playing, guess what our parents were doing? They were out gardening. But now we've trapped kids in the house. And guess what their parents are doing now? They're out in the van, waiting to pick up fast food.

The sad part is that our children are watching us. Their foods are ever more processed. It's seems no longer safe to ride your bike, to go outside. If we're not interested in our own lives, look down the road at our children's lives to see the immediacy of this problem. But we don't have to over-schedule our children. They can be outside. There are alternatives to what people see as their lifestyles now.

Q: Judging by TV commercials, some new regimen is just the thing for us. Or the latest of 1,001 diet configurations. How do people who wish to make lifestyle changes sort through it all?

A: The short answer is we've made it too complicated. It doesn't have to be. I love the health and fitness industry - I work for it. But for the average health seeker, it just paralyzes them: 'I have to have the right clothes and shoes, the newest and latest thing. I certainly have to lift a certain way...' It boils down to back-to-basic health and fitness principles.

Q: What are three of those principles in a nutshell?

A: You have to be active most days of the week. A second thing is to challenge your muscles at least 2 to 3-times a week. The one thing people do as they age is they stop lifting. Lifting is a key to posture, to filling out your skin. It's one of the most anti-aging things you can do. The third thing is to adopt a healthy diet. Eat enough of the good things so that it pushes the bad things out.

Q: So a lousy diet sabotages well-intentioned fitness goals?

A: Understand — you cannot out-train a bad diet. What you eat and drink dictates your health limits. Some people eat poorly then try and exercise away their nutritional sins —which simply cannot be done. Eating poor quality food and drinking high-calorie beverages will never supply you with the kind of energy and resilience an active body needs. It is not complicated. Eat real food: lean protein, fresh fruits and vegetables. And make sure what you eat is nutrient dense. Make water your beverage of choice.

Q: You are a big advocate of starting down the road of health and fitness right now, in whatever small ways get you going. But don't we need to make massive changes?

A: Small lifestyle improvements cause a domino effect in terms of achieving these goals. Exercising causes you to scrutinize your food choices a little more. Eating healthier gives you energy to exercise more. Both of these cause you to think seriously about giving up unhealthy habits.

Adopting better habits has a way of spilling over into your family's lives and can make you a better role model and caretaker. Being a role model makes you continue to make better choices. So what I am advising here is to start with one or two habits and make small changes. Be patient and watch how they cross-pollinate and grow into real, measurable improvements.

Q: What are you hoping people will get from this book?

A: It answers the questions so many have and it can help move those in doubt beyond the point of hesitation, a place that, unfortunately, the majority get stuck and stay in until their health deteriorates. Easy solutions to the most common questions I have received over the past five years are presented in my book.

I realize a well-intentioned fitness industry can be a health-seeker's greatest enemy: too much information and conflicting opinions. We have to cut through the hype and see that achieving a fitter, more energetic body does not have to be complicated, time consuming or cost prohibitive.

Cindy's Bio



- Creator of "**CindySays**", a health and fitness advice column with a consumer-advocate mindset, for the Charleston Sunday Gazette/Mail.
- Fitness director/instructor for the Charleston YMCA.
- Director for West Virginia's Activate America, a nationwide YMCA initiative for better health.
- A member of West Virginia's Healthy Lifestyle Coalition, appointed by Governor Joe Manchin to fight the war on obesity and inactivity under the direction of the First Lady Gayle Manchin.
- Appears on the weekly noon news call-in segment as fitness expert for WOWK-TV.
- Speaker/presenter to schools, support groups, churches and corporate settings to inform, inspire to encourage positive lifestyle choices.
- Released a new healthy lifestyle book June 2007 — **CindySays... "You Can Find Health in Your Hectic World"**, a reliable Q and A resource that cuts through the confusion and offers solutions to everyday health and fitness obstacles.

CindySays aims to enhance the ability of those seeking health to find a personal path through information, individualization and inspiration.