



WESTCHESTER
WOMEN
MAGAZINE

HEALTH, FITNESS & BEAUTY GUIDE 2023

WINTER/SPRING 2023



**Distinctive
Fitness**
for the **New Year**



**WESTCHESTER
WOMEN**
MAGAZINE

WINTER/SPRING 2023

PUBLISHER

Diane Shapiro

Diane.Shapiro@westchester-women.com

EDITOR

ART DIRECTION & DESIGN

Cynthia Peña

Cynthia.Pena@westchester-women.com

CONTRIBUTING WRITERS

Lauren Hurwitz

Lilian Peña

ADVERTISING SALES EXECUTIVES

Lauren Levine

levinelaur@gmail.com

Mary DeYoung

mdeyoung.61@gmail.com

Helene Pollack

hp@shorelinepub.com

westchester-women.com

shorelinepub.com



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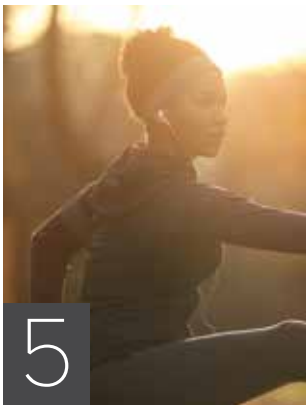
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8

Distinctive Fitness
for the New Year



5

Health, Fitness &
Beauty for 2023



11

At Home with Hurwitz
2023 Trend Report



11

Laird Morgan Tolan



12

WW Style - Embrace
the Power of Pink



14

How Seriously Should You Take
a Smartwatch's AFib Alert?



HEALTH, FITNESS & BEAUTY GUIDE 2023



SPORTIME Tennis Clubs Offer Both Tennis and Pickleball Clinics & Lessons at Every Level

If you are playing tennis in Westchester, why play anywhere other than SPORTIME! The clubs offer a variety of playing surfaces, indoor and out, as well as running Adult Tennis Leagues, Lessons and USTA Teams ranging from beginner-intermediate, to advanced levels at both SPORTIME Harbor Island and SPORTIME Lake Isle clubs. For juniors, SPORTIME offers programs tailored for the youngest players to more competitive juniors, as well as school break and summer camps for kids of all ages.

For juniors looking to play higher levels of tennis, SPORTIME Lake Isle is the Westchester home of the John McEnroe Tennis Academy. SPORTIME truly has it all for players of all levels and ages. And now, the clubs are in on the Pickleball craze offering clinics, lessons, open play and more.

Whatever your racket is, get started playing today and take advantage of great member benefits. Contact SPORTIME at 914- 777-5151 or westchester@sportimeny.com today. See their ad on page 6.



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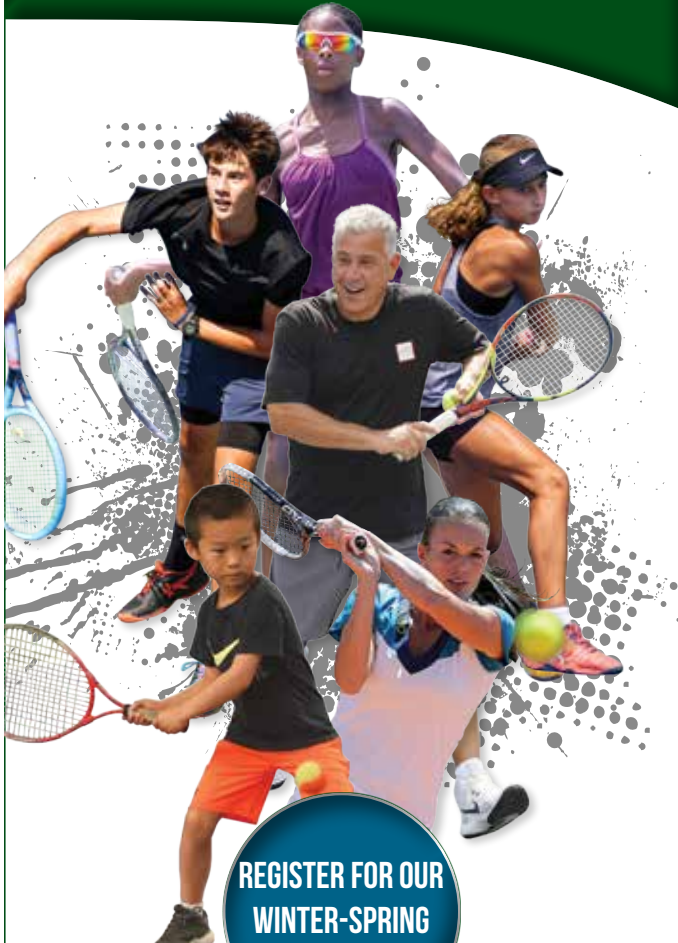
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Guide continues on the next page

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Reasons for hair loss can develop from stress, thyroid disorder, trichotillomania, trauma, chemotherapy, kidney disease, and many other clinical diseases.



Tamika Campbell, President, Hair Loss Practitioner, Cranial Prosthetic Specialist (left) and Dr. Alicia Mingo, Ph.D., MPH, Infectious Disease Epidemiologist, Licensed/Certified Hair Loss Practitioner (right).

MedCap Glam hair loss control clinic aims to provide the utmost support by conducting a private consultation, identifying hair loss with scalp scoping, and suggesting a hair growth regimen or a medical wig. Hair loss can profoundly affect your emotional healing and self-assurance.

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MedCap Glam is located at 1969a Palmer Avenue, Larchmont. To book your consultation, call 718-650-9109. See their ad on page 7.

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continued on the next page

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'No Cost' Senior Placement Service Provides Peace of Mind

Assisted Living Locators provides a full continuum of care for the senior population. Leana Walsh, owner and Eldercare Advisor of Westchester's Assisted Living Locators, offers a 'No Cost' service to seniors and their families, providing expert advice on short- and long-term care options. Their goal is to assist families in choosing appropriate care options for their loved ones to save time, decrease stress, and provide peace of mind. They have access to a network of fully vetted assisted living solutions, which include Independent Living Apartments, Assisted Living Communities, Memory Care, and In-home Companion Care.



As your senior care advisor, Leana's mission is to provide families with personalized assistance, support, and resolution needed to manage the key life transitions they face. Leana personally tours and ranks all the communities/facilities she recommends and makes sure all her partners in the senior care market are fully committed to providing the best care possible.

Assisted Living Locators is a national company with over 100 advisors in 40 states and growing. They offer clients hands-on advisory services when looking for care and housing solutions. They are

very different as they pride themselves on providing personalized service. They tour with their clients, help them with their transition and always follow up to see how they are flourishing.

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With Valentine's Day soon upon us, it's a good time to remember that the guys deserve pampering too! Plus, for Valentines, there are "Massages for Two" that couples may enjoy together in one private room.

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Distinctive Fitness for the **New Year**

By **Lauren Hurwitz**

The start of the year often brings about new health and fitness goals...many of which are quickly gone with the wind. But what if you found a new way to be inspired to keep up with a new and unique routine? Luckily, there are a number of creative ways to get in shape while having fun regardless of your athletic ability.

Coco Ballantyne of Steve Sohn's Krav Maga self-defense center in Scarsdale has invented a totally new offering for people at all fitness levels called, "Krav Dance." With a background as a dancer and an enthusiast of Krav Maga, she's helping people enjoy a full-body workout while also teaching self-defense. She says Krav Maga is an amazing thing for women to do, "because we always feel like we need to be with a man to feel safe walking down the street or in a parking garage. Krav Maga really gives you a sense of security and a toolkit so that if someone grabs you, you know exactly what to do and feel much safer in the world." Ballantyne created Krav Dance a year ago after being inspired by her admiration of how beautiful the movements are in Krav Maga such as the boxing, weaving, bobbing and kicks. She says it's almost like a dance in itself so she started thinking about how to put the two passions together and then Krav Dance

was formed.

While Krav Dance can be taught to any age group at any physical level, it can certainly be a demanding workout. Most of her current attendees are in their 30's and 40's but she's starting to see some older groups come in as well and hopes to expand to teens and children in time. And don't be fooled! You do not need any dance experience to enjoy and benefit from Krav Dance.

"I also think Krav Dance is cognitively engaging because you're learning and remembering specific movements, which gives the brain it's own workout. Physical movement is great, but combining it with cognitive stimulation is even better.

Dance engages your mind AND your body. That is how you stay sharp and youthful," according to Ballantyne.

Local business, The Grit Ninja, has been giving fitness warriors all over Westchester a mega workout with their offerings. Owner Allison Meltzer says she and her husband were inspired to open the flagship location in Pleasantville by their four boys who were obsessed with the TV show "American Ninja Warrior." With a wide range of participants, Meltzer's clientele includes those who don't consider themselves "ninjas" as well as those training at a very high level to participate on the TV program.



Krav Dance instruction. Photo credit: Aiko Austin.



The Grit Ninja Obstacle Course. Photo credit: Cara Mack.

Either way, they're all looking for a full body workout that's a little bit different.

"There will be a couple of staples [always on the floor but the] gym setup changes constantly and it will look totally different the next week and we try to set up obstacles so you can work in progressions." The Grit Ninja offers Warped Walls (a TV show staple obstacle) which are big walls ranging in size from 6' to 14' that require you to run up and climb over, upper body swinging lines that range from traditional monkey bars to ring lines and even super advanced obstacles that require you to fly through the air and catch with your fingertips, balance obstacles like Bosu balls, Slacklines and custom beams that wobble underneath you, other sections that focus on agility and parkour based movement and even a rock climbing wall.

Best of all, Meltzer says her staff is very intentional about setting up beginners on the right path, but directing those with more advanced physical abilities to the areas that will challenge them most. She thinks of The Grit Ninja as the most fun playground you can enjoy as an adult and release your inner child. "You can work out with a sense of adventure, mental fortitude, and grit. You literally have an obstacle in front of you and have to figure out how to overcome it."

Jason Sheridan of Sheridan Fencing Academy of Westchester brings a centuries old sport to a modern workout in White Plains. "I started fencing at 17 and immediately loved it. I fenced with the US National Team with an Olympic coach and then moved to Poland for several years training and competing." Sheridan who has a Masters in Fencing says his classes are for all ages. "Adults want to try something new and something that's engaging and different but also fun and a great workout. One of our driving philosophies of our programs is that it should be fun. Whatever your age is, if you're going to engage in physical activity, and you want it to be something you do regularly, you need to enjoy it so you don't struggle to get out of bed to go do it."

The largest group visiting his studio consists of people who have never done anything related to fencing. Perhaps they

thought it looked cool and have seen it in a movie and want to try it out. "For them, the program is very much a way to onboard them into the sport. Even if you've never done this before, even if you haven't engaged in a lot of sports before, this is a way in because it's very easy to scale to different levels of fitness and engagement."

To get started, participants can just wear gym clothes and sneakers since all of the fencing gear is provided on-site making it easy for anyone to get started. Sheridan says, "fencing is very focused on the lower body. If you've seen fencing before, you see people whacking swords together, but the actual sport has to do with how you move your feet more than how to move your sword. It's about footwork in relation to the opponent. It's very much a lower body sport. There is a lot of squatting and it is very explosive. There are lots of bursts of speed that are great for muscle development and overall fitness." He adds, "my favorite thing about teaching fencing is helping people realize that they can do more than they thought they could before. I see this of course with kids but adults as well where a lot of people have limits in their minds about what they believe they can achieve physically. Those limits are generally artificial and not based on what their body can actually do or accomplish. I love to help people get past that."

Having just opened in December, Westchester's newest fitness hot-spot is Rumble Boxing located in the North End of New Rochelle. Co-Owner Heather Rhyu, who also owns three Club Pilates locations, says it's the first boutique boxing space in Westchester that's attracting everyone from college students to local moms and dads in their 60's.

The 45-minute workout is broken down into 10 rounds. Half the time you're boxing into bags filled with sand making it softer on the joints than traditional boxing bags, and the other half is spent on benches doing strength training intervals, cardio intervals, core exercises etc.

"It's a true full-body workout, not just boxing. It's a very high-energy atmosphere and feels like a big party - but you're drenched by the end of class and the 45 mins goes so fast because you're going back and forth," says Rhyu.

There are only six punches in boxing and once you learn those, it's a matter of learning different (yet endless) combinations of those same six punches. "If you've never boxed or you haven't worked out in two or three years you can go at your own pace. It's challenging but there are so many different modifications you can do to have a great and effective workout," she adds.

continued on the next page



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Rumble Boxing

To maintain flexibility and relieve pain, Erica Itkowitz offers free one-hour chair yoga classes at the New Rochelle Public Library mid-day on Wednesdays, with another instructor teaching a similar class on Mondays. She says the class size varies from 10-25 people. Most of the students are retired females but they have gotten a few au pairs in the past year who pop in during their lunch break.

“We don’t get on the floor but we do try to do a lot of (traditional) poses while sitting in our chairs. Sometimes we stand and hold the back of the chair,” Itkowitz says. She acknowledges some attendees have different physical abilities, They can modify for movements for what she calls a very diverse group. Best of all, you don’t need to know any of the traditional yoga poses like cat, dog, warrior one or two, etc. but you will definitely learn all of these things in this class that doesn’t require advance registration.

Dr. Melissa Leber, Associate Professor of Orthopedics at Mount Sinai, who sees patients at the Mount Sinai office in Scarsdale says, “It’s important to always vary your workout routine to avoid overuse, overtraining and to keep it interesting! By varying your routine, I mean to change up the type of workout, the intensity, and the length of training each day.”

When figuring out the best workout for you, Dr. Leber says as you get older, resistance training becomes more important. For example, she suggests when you’re in your 30’s, you should spend 70% of your time on cardio and 30% on strength training, whereas when you reach your 50’s, you will divide your time equally between cardio and strength training, and then increase the strength training as you approach your 70’s. She adds, “Always stick with the same weight/activity for a few weeks before progressing to more weight or a more difficult activity.”

Once you figure out the best workout plan for you, it’s important to stick with your routine, even if you have an injury or soreness. Dr. Leber says, “If you have an injury or an area of pain, don’t stop exercising completely - unless this is recommended by your doctor! Consider a low impact exercise like yoga or pilates to maintain muscle strength and tone while allowing other areas to recover.” With no reason to slow down in 2023, finding a fitness center that fits your needs in Westchester will be more convenient than ever!

At Home with Hurwitz

2023 Trend Report

BY LAUREN HURWITZ

It's a new year, but that doesn't mean out with the old! When it comes to home design, much of last year's trends will remain the same. But one thing is for sure – our spaces are about to get a lot more colorful with the 2023 Pantone Color of the Year - Viva Magenta. According to Pantone, "In this age of technology, we look to draw inspiration from nature and what is real. . . Viva Magenta descends from the red family, and is inspired by the red of cochineal, one of the most precious dyes belonging to the natural dye family as well as one of the strongest and brightest the world has known." A sharp departure from the 2022 favorite color of Ultimate Gray, Viva Magenta is a head turner and a statement maker in it's own right. Interior Designer Christine Wetzel of Christine Wetzel Design says, "I'm a big fan of incorporating color pops in rooms, adding a bit of a surprise element to a neutral based space. I added magenta in a girl's bedroom, as a foil to the neutral silver/grey, adding a fun playful touch, that brings a smile to the face."



Design by Christine Wetzel.

But this bright color trend doesn't equate to overhauling your entire existing décor, Wetzel expects 2023 will still revolve around sustainability. "The constant stream of information regarding the fragility of our planet continues to drive "green" purchases. Reusing items you may already have, but possibly in a different manner, or recovering or repainting pieces that may be looking a little tired. I feel that a big part of my job is educating clients about not having to actually 'get rid of everything', drawing existing pieces into the floor plans, and by doing so, adding a bit of personality to the room," she says.

If you're getting inspired to redecorate, Wetzel says it's important to consider a handful of things before jumping in headfirst. First is to think of your lifestyle. Do you have kids? How old are they? Are there pets? Is it a formal space, or a space to be used by the family? Do you need to maximize seating? She says these are all important questions when it comes to layout, fabric or carpet selection, and general useability. Next she says to consider the budget. "Budget is not a fun word and no one likes to talk about it, but budget is extremely helpful when designing a space," says Wetzel. "I like to have complete transparency when dealing with costs - it alleviates any unpleasant surprises down the road." Lastly, she asks her clients to consider expectations. "We are all growing weary of the supply chain issues' we have been facing for the past couple of years, but unfortunately they are not going away any time soon. Projects that used to take a couple of months are now on a far longer lead time. Understanding that this is a problem across the board today, will help you to alleviate potential frustration during your project. Just know that when the project is complete, it will be well worth it!"

It can be easy to spiral when doing a home project so Wetzel notes "over enthusiasm is the most common mistake when it comes to following trends. Incorporating gold fixtures in one room is gorgeous, but not all rooms. Wallpaper used sparingly is impactful but when used everywhere it's just distracting. Try to keep the special design aspects special, don't dilute the impact, by going overboard." She says as a final thought, always remember... "less is more!"

Laird Morgan Tolan

Before joining Sandra Morgan Interiors as an interior designer and becoming part of a sought-after mother/daughter design team, Laird established a career in fashion that spanned 14 years as a buyer at several major retailers in NYC. Her fashion background and retail experience add a unique perspective to the firm and provide her with a keen understanding of color, pattern, texture and creative styling. Laird loves to create fresh, modern and timeless spaces. As a buyer she was responsible for multimillion dollar budgets that required her to effectively manage timelines and finances.



Laird has clients in Westchester, Connecticut, the Hamptons and Massachusetts and works on projects of all sizes. Getting to know a client and making their space more beautiful is her passion. Each project offers an opportunity to use her talents while listening to a client's specific needs. She works closely with them to ensure that the final product reflects her client's vision. Her goal is to exceed expectations and create rooms that are beautiful, comfortable and livable.

The Greenwich studio also offers Art Privé, a dynamic gallery representing 20 contemporary artists. Laird and Sandra have curated a group of artists that reflect their own aesthetic for exciting color. Paintings are often the inspiration for a new design project.

Laird lives in Pelham with her husband and their three children. She has been actively engaged in the community served on the board of the Junior League, Pelham Art Center and is an active board member at Bartow-Pell Mansion where she is refreshing the classic Parlor Rooms. She is also currently involved in a design project for a yacht club in Greenwich.

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W style

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2. Tom Ford Lip Color Matte – Velvet Cherry
 Long-wearing, Tom Ford Lip Color Matte creates a powerfully sophisticated look, formulated with a luxurious, velvet matte finish. Smoothes comfortably onto the lips. \$58. Available at www.tomford.com

3. Addison Wool Blend Gloves – Rag & Bone
 Indispensable wool-rich gloves keep you cozy on commutes and feature stretchy ribbed cuffs with a contrasting logo patch. \$95. Available at www.nordstrom.com

4. Plush & Warm Faux Fur Coat
 This luscious Vibrant Pink coat has two front pockets and a silky feel pink lining. Notch collar. Super soft and cozy with front snap closures. \$225. Available at Lauren Tormenta NY, 10 Chatsworth Avenue, Larchmont. www.LaurenTormentaNY.com and [LaurenBoutiqueNY](https://www.instagram.com/LaurenBoutiqueNY) on Instagram.



5. Lowestoft Pullover Sweater Crochet Pattern by Elena Fedotova
 Published in Sail Away Booklet, Malabrigo. Yarn: Sock Weight in Fucsia and Zazamora. A soft, smoothly-plied, lightweight sock yarn. Spun from luxurious merino and treated to make it machine washable for easy care. Available at www.malabrigo-yarn.com and knittingnation.com in Nyack.

6. HOKA - Solimar - Everyday Running Shoe
 Mirroring the smooth rolling pattern of SoCal's Solimar beach, this streamlined trainer offers a sublime ride for everyday miles. Engineered with an approachable stack height, balanced midsole and extended crash pad, this adaptable silhouette is equipped with extra rubber to combat high-sweat areas. \$125. Available at www.hoka.com or FleetFeet, Bronxville. www.fleetfeet.com/s/nyc

7. Essie Handmade with Love Nail Polish – Pencil Me In, Magenta Pink
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8. Benjamin Moore (Magenta 2077-10) for the Pantone Color of the Year - Viva Magenta
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5.



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9. Berry Embroidery Sweater
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8.

VIVA VIVA MAGENTA

How Seriously Should You Take a Smartwatch's AFib Alert?



By Martha G. Ferrara, Nurse Practitioner

Advancements in technology continue to occur at a rapid pace – so rapid, in fact, that they may cause your heart to beat a little faster. But when it comes to smartwatches, they can convince someone that their altered heartbeat means they have atrial fibrillation (AFib), a serious condition that poses an increased risk of stroke and heart failure.

AFib is a quivering or irregular heartbeat (arrhythmia) that can lead to those and other heart-related complications. At least 2.7 million Americans are living with AFib, according to the American Heart Association, which says the condition increases the risk of

stroke fivefold.

We all want to be aware of potential risks to our health, but in this case, a little information can perhaps not be enough. Our office is, on many days, overwhelmed with owners of an Apple Phone, Fitbit, Samsung Galaxy, and similar devices that have provided a “you may have AFib” alert – and who are understandably concerned.

Smartwatches use a kind of electrocardiogram (ECG) technology that monitors blood flow and heart rate throughout the day; any irregular rhythms are then “alerted.” However, the technology may be outpacing the reality.

I am certain that most of us have at some point felt that odd sensation indicating an irregular heartbeat or even the “skipping” of a beat. But is that enough to conclude that you have AFib?

The answer is “no,” according to the U.S. Preventive Services Task Force (USPSTF). That organization issued a report in January 2022



finding that the likes of smartwatches and smartphone apps, automated blood pressure cuffs, and pulse oximeters are no match for an ECG screening of an asymptomatic patient in a healthcare provider's office when it comes to an accurate AFib screening.

To be clear, the USPSTF is not saying that such devices' alerts are invalid – just that there is not enough data to conclude that asymptomatic patients should completely trust those devices' suggestive diagnoses.

Fortunately, the tech companies appear to be aware of this ever-more-complex situation. Representatives from several of

the involved companies attended September's HRX inaugural meeting – a digital health conference sponsored by the Heart Rhythm Society, the leading scientific organization on cardiac pacing and electrophysiology. They were joined by electrophysiologists and nurse practitioners like me, as well as physicians and other stakeholders in this area, to engage in an open and collaborative discussion about the current situation and the exciting potential for digital health “wearable” tools going forward.

I believe that such collaborative sharing of knowledge and information is the wave of the future – one that will no longer find patients stranded somewhere in the middle.

In the meantime, if you do receive an AFib alert and are concerned about what it could mean, contact your primary care physician to discuss. They should be able to set your mind at least partly at ease, by either ruling out AFib or by recommending you see a specialist.

Martha G. Ferrara is the Assistant Director of Electrophysiology Services at White Plains Hospital. For an appointment, call 914-849-2690.



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