

RESOUNDING RESULTS:
**Reaping the Ramifications from our 1st
 Wellness Retreat**

Part I of a II part series.



They came, they went, and they conquered! Hard to believe, but our very first, Premier, PhillyFit Winter Wellness Retreat has come and gone. To try to put into words the experiences, education, enlightenment, energy and emotion shared in this weeklong excursion is a challenge in and of itself! Nevertheless, what follows is a brief synopsis of the fruits of our labor.

Initially, we were a group of twenty strangers, at an amazing home in the heart of winter on the beaches of Avalon, New Jersey. By week's end, we undoubtedly realized that each unique soul on this journey was purposely present to contribute something lasting to the community. Each individual left his or her own, indelible indentation thereby enhancing each other's lives forever.

Before commencing with the features of the week, we'd like to take a moment to extend our heartfelt gratitude to the owners of the breath-takingly gorgeous, upscale, beachfront estate, located in the tranquility of Avalon, New Jersey. Unquestionably, our week simply would not have been the same without your gracious hospitality.

For highlights of the weeks events, read on it just might pique your interest enough to warrant signing up for our next retreat! (Information to be published shortly.)

What do you get when 20 participants in a luxurious bed and breakfast, combine with some of Philadelphia's finest health and wellness gurus for a weeklong stay in gorgeous Avalon, New Jersey? An amazing, life-changing experience known as the Premier PhillyFIT, Winter Wellness Retreat! Host, Jami Appenzeller-Yancey, owner of PhillyFIT Magazine, pooled Philly's top wellness experts to create a smorgasbord of fitness, health and wellness topics. She then presented their expertise to a group of total strangers, whose purpose was to share a week together in an environment designed to provide a thought-provoking, body-changing and spirit-stimulating metamorphosis.

SAMPLE DAILY SCHEDULE

- Rise-n-Shine with a brisk, one-hour walk on the beach
- Heart healthy breakfast
- 2 hours in local gym (lecture/workout)

- Nutritious lunch
- Individual time; (choose from an array of holistic modalities)
- Guest Lecturer with the feature topic of the day
- Balanced dinner
- Evenings by the fire with multiple therapeutic choices available

HIGHLIGHTS OF THE RETREAT

Participants were greeted throughout the afternoon at the plush mansion, located at 4816 Fifth Avenue in Avalon, New Jersey. It was a brisk, windy, last Saturday in January 2007. Kitchen shelves were stocked with scrumptious, healthy foods generously donated by Whole Foods, Zeigler's, Buck's Bagels, Larabar and VEEMA. Each room was lit with fragrant candles, and guests were presented with generous gifts, courtesy of Sun and Earth*. After a welcome period and introductions, the guests settled in around a warm fire to listen to the first of seven evening presentations, followed by dinner, movie featured on OPRAH entitled, "The Secret", informal conversation and utilization of an array of holistic modalities. These services were available throughout the week by the selfless efforts of the certified professionals listed below.

We have chosen to list them in order for all readers to take advantage of their many talents by sampling any/all that may assist you on your path to optimal health. The directory of services is as follows:

PHYSICIAN PRESENTERS

David Gealt, D.O., Orthopaedics
 Cooper Bone & Joint Institute
 3 Cooper Plaza, Ste. 403
 Camden, NJ 08103
 856-342-3159 www.cooperhealth.org

David M. Kaffey, D.D.S., Oral Surgeon
 Main Line Dental Aesthetics
 12 S. Valley Rd., Paoli, PA 19301
 610-644-2502 www.davidkaffey.com

TOPIC

BEGINNING AN EXERCISE PROGRAM, SPORTS TRAINING INJURIES and BMI TESTING.

Cosmetic Dentistry

Marlene J. Mash, M.D. Dermatologist
54 E. Oakland Ave.
Doylestown, PA 18901
215-348-4007 www.medicalhealing.com

NUTRITIONISTS

Susie Beiler, Certified Holistic Health Counselor
267-307-4224
www.spectrumhealthconsulting.com

Joanna K. Chodorowska, BA, NC Nutrition-in-Motion
North Wales, PA 19454
215-272-6774 www.nutrition-in-motion.net

John Fairchild, Weight Management Counselor
215-873-7404
www.weightlosscoaching.org

PERSONAL TRAINERS

John Edwin, BS, ACSM, NSCA, & CSCS
267-231-7702

Cheryl Giballa, Owner: Mind Body Pilates
Avalon, NJ 609-368-8700
Cheryl@mindbodypilates.com.
Assisting were certified instructors
Anita Cavalier, ChanelleWhite
& Hope Waldron.

Heather Hoehn, Co-Founder; Flip Fitness LLC
610-546-8986
www.flipfitness.com
heather@flipfitness.com

Kristine Labhart 215-870-6271

Stacey Long, certified TaeBo Instructor
Owner: Starr Bodies
267-335-0550 www.starrbodies.com

Daniel Maialetti, BS, CSCS
TRYAD Personal Training
215-485-9180 www.tryad-pt.com

Julie Victor, Owner: Julie's Gym
www.juliesgym.net 610-864-4592

CERTIFIED PROFESSIONALS

Lori Dayton Young Living Distributor
http://dayton.younglivingworld.com

Nita Keesler, CMT Back In Balance
267-980-1727 www.back-in-balance.org

John Kerr, CSCS, BS
908-304-2889

Luther Lockard, CMT
609-238-8644 www.bioenergeticbodywork.com

Marilyn Mechell, NCTMB
215-233-0333 www.powerfulathlete.com.

Tiffany Oles 215-348-0666

Charles Peoples, NSCA-CPT, NCTMB
www.yourlocalpersonaltrainer.com
www.teamvalkyries.org

Shirley Scranta
International School of Shiatsu

Skin cancer & the numerous skin treatment procedures available today for face & body

TOPIC

The Quality Spectrum Guideline™

The WHY Behind Better Food Choices

Permanent Weight Loss

TOPIC

Practical Home Workouts

PILATES INTENSIVE

Fitness Card Game
52 cards, 2 H2O Breaks, 3 workout cards, 3 Levels

KICKBOXING

TAE BO

Tryad Challenges -
Exercise Obstacle Course
Around Avalon

Strength training

TOPIC

Aromatherapy & the many applications of the highest, quality essentials oils, dietary supplements & personal care products; since 1993.

Specializing in Posture & Flexibility, Massage.

Myofascial Massage
Therapist

Reflexology, Reiki

Sports Massage

Therapeutics Massage

Focus on Girls & Women's Physical Advancement - Personal Trainer & Massage Therapist

Shiatsu Massage Treatments

10 S. Clinton St., Doylestown, PA 18901
215-340-9918 www.shiatsubo.com

Susan Shaw & Steven Olsen Wellness at Work & Adagio Day Spa & Tea Room
Huntingdon Valley, PA 19006
a subsidiary of above 215-379-4311
www.wellness-at-work.com

SELF ESTEEM

Dana Persia, AICL
Owner: DP Image Consulting
267-579-4119 www.dpimageconsulting.com

MUSICIAN

Matt Roach, musician/entertainer
www.mattroachmusic.com

PRODUCTS

Good to Go Delivery
2 Lukens Drive Suite 700, New Castle, DE 19720
Local: 1 (302) 778-GOOD (778-4663)
Toll Free: 1 (866) MEALS77 (1-866-632-5777)
Fax: 1 (302) 778-4664
Email: customerservice@goodtogodelivery.com

Whole Foods Stores
Locations that assisted the Retreat:
2001 Pennsylvania Ave. Phila., PA 19130 215-557-0015
1210 Bethlehem Pk., North Wales, PA 19454 215-542-2186
339 East Lancaster Ave., Wynnewood, PA 19096 610-896-8134
821 Lancaster Ave., Wayne, PA 19087 610-688-9400

Larabar
Subsidiary of Humm Foods, Inc.
www.larabar.com
Available in most health food stores

Sun and Earth, Inc. 125 Noble St.
Norristown, PA 19401 1-800-298-7861
Info.@sunandearth.com

Ziegler's Juices
1513 North Broad Street, Lansdale, PA 19446
215-855-5161

Bucks Bagels
1179 York Road (Rt. 263)
Warminster, PA 18974 (215) 674-1400
BUCKSBAGELS@COMCAST.NET

Vemma Nutrition Company - John L. Biehl, Jr.
6 East First Avenue, Suite 202
Conshohocken, Pa. 19428
1-866-940-1930 (Toll Free)
UAJLB@AOL.com www.MyVEMMA.com/Happycamper3

It is our hope that each attendee was able to walk away from their weeklong excursion feeling refreshed, and more connected not only with the people with whom you shared this week, but also hopefully within your own self reflection. The tools have been given to create a whole, new perspective on your healthy lifestyle; with the confident ability to achieve your goals.

PhillyFIT Magazine would like to thank all of the guests for participating in our first, wellness retreat. We thoroughly enjoyed meeting you, and hope that the experience was one that you will cherish for years to come. We would also like to thank the incredible lecturers, who donated their time and talents to help change the lives of many people. Without their expertise, this simply would not have been successful. Finally, PhillyFIT would like to thank the businesses that so generously donated their products to help make this a memorable, life-enhancing event. Thank you for entrusting your health to us.