



Living a **BALANCED** **LIFE**  
*"Body, Mind and Balance"*

Did you ever notice how people with balanced lives seem more content? They are busy with successful careers, they enjoy satisfying and fulfilling interpersonal relationships, they are involved in the community, they include a regular fitness regiment, and they have a positive outlook on life!

This is the focus of "Body, Mind, and Balance," a talk radio program Saturdays from 4-5 p.m., on station AM 860 WWDB. The four hosts, rotating on a weekly basis, are individuals who strive to maintain a lifestyle of all things in balance. Each week they share that message of balance to their listening audience in a variety of ways based on their respective expertise and backgrounds. Furthermore, they are all involved in the fitness community.



Dr. Cory Bank is a sports psychologist. He is a full-time professor of psychology at Montgomery County Community College, a graduate school faculty member at Rosemont College, and maintains a private practice in Glenside, PA. He is also very involved in fitness activities including coaching athletes, conducting research, and participating in triathlons such as Ironman USA and other events, some for charity (Cure Autism Now), others for his own challenges.



Joanna Chodorowska is a nutrition consultant and swim coach. Her practice is based in North Wales, PA. She is a competitive triathlete (sponsored by E-Caps, Polar USA, Speedo USA, Rudy Project and Aquaman Wetsuits), and is a member of the elite team of T3 Triathlon. Ms. Chodorowska says that when she came to the Philadelphia area from Chicago, her first conduit to getting to know people in this area and beginning to build her business network was by getting involved in the local fitness community. She helps people find balance through nutrition using real foods, exercise, moderation, and variety.



Valerie Shinbaum is a psychotherapist with two office locations in Newtown Square, PA and Plymouth Meeting, PA. She is an adjunct psy-

chology professor at Delaware County Community College and Montgomery County Community College. Ms. Shinbaum is a ride leader for the Delaware Valley Bike Club and a member of the Blue Ridge Ski Club. She participates in the annual American Cancer Society Bike-a-Thon and other local fitness events for charity and for fun.



Susan Toler is an attorney specializing in Social Security Disability Law, with a private practice in Chestnut Hill. She is a competitive Masters Rower and a year-round endurance athlete who has completed numerous triathlons. She participates in endurance sports for charities such as Team in Training and is a member of Sturdy Girl Cycling Club. Two projects at the forefront of Ms. Toler's creative agenda include a sports foundation for girls in developing countries, and a project highlighting how endurance sports can have a positive effect on older, post-menopausal women.

The show's format is designed to bring the listeners informative and entertaining topics in the fields of health through nutrition, fitness, psychology, and emotional well-being. Each week, depending on the host, the topics for discussion and guest panel members will change, bringing a fresh perspective every time a listener tunes in. This is a call-in show so listener comments and questions are always welcomed and appreciated. The station's call-in phone number is 610-664-4100.

Since June 2005, the show has covered a variety of topics, including:

- Finding Time to Exercise
- Working Out for a Good Cause
- Cycling Opportunities in the Area
- Life After Loss
- Body Image
- Finding Fitness in Philadelphia

Tune in to "Body Mind and Balance" AM 860 WWDB, Saturdays from 4-5 p.m. Please feel free to call in with your comments and thoughts for our hosts, guests, and listeners. Just as PHILLYFIT Magazine strives to bring you the latest and greatest in print, we at "Body, Mind, and Balance" aim to do that live on the air!