

## Health

INSIDE TODAY'S HEALTH SECTION

Classifieds

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WORKING OUT WITH ANDREA

### Unleashed is a tough but effective workout

I'm very excited to be starting a brand new column today, which I'm calling "Working Out With Andrea." Attending a new exercise class can be really intimidating and nerve-wrecking. You don't know what to expect, what to wear, who's going to be there and how hard the workout is going to be. It's enough to make a person just want to stay home. And finding your perfect fitness activity can also be a challenge. There are so many options out there. How do you know which ones are for you?

For this occasional column, I'll be hitting up local gyms and fitness companies to try some of their class options. If I let you know what's involved in the workout and give my thoughts on it, it's my hope that I can shed some light on what these classes are like, clear up misconceptions and ease worries. And maybe it will help you discover a brand new fitness format that you love.



ANDREA HONAKER

**THE CLASS:** Unleashed THE COMPANY: About Face Bootcamp

**WHERE AND WHEN:** Wednesdays, 8:30 p.m. in the Mountain Island area and 7 p.m. in the Gaston County area. Class is always outside, and location rotates (call or email for location). **CLASS LENGTH:** One hour

**INFO:** abc@aboutfacebootcamp@yahoo.com, 980-265-9890 or on Facebook, "About Face Bootcamp powered by PPBC"

**Perk:** Try the first class for free.

**Instructor's advice:** Wear gloves, because your hands will be on concrete a lot.

The Unleashed class I attended met at Asheville High School. I didn't know what I was in for, but I knew it would involve running, which I was fine with because I have been a steady runner since my college days. But, it was the "other stuff" I was worried about, mostly the things that involving upper body strength (which I lack).

A group of about 20 men and women gathered with me in the parking lot, and instructor Jennifer Armstrong started us out with stretches.

From there, we took off running down the sidewalk and into a nearby neighborhood, stopping a couple minutes later to do jump squats for a stretch down the street. My thighs were aching before I'd even made it halfway, and I had to rest a couple times before I was done. But I wasn't the only one who had to take a break every now and then, and this made me feel more comfortable and less self-conscious. It was as if everyone was doing it to the best of their ability and at their own pace.

The remainder of the class was spent alternating between running and some form of strengthening exercise. We did toe taps, lunges, pushups, crawled up a hillside and planked till I could plank no more.

We made our way back to the school with about 20 minutes to go and convened on the tennis courts. Armstrong made it into a game, with each person telling their favorite About Face Bootcamp class and doing a certain exercise when that class was called. We did sprints, high knees and "butt kicks" across the court. And those who weren't called stayed at the front of the court doing various things, such as jumping jacks and crunches.

Unleashed was tough for me, but it was also extremely effective and fun. I can't remember the last time I had such a good workout, and I really felt like I had achieved something at the end. Armstrong, and the other people in the

## Think Pink Products Accessories to add sparkle to your wardrobe while raising awareness of breast cancer

Compiled by Andrea Honaker | ahonaker@gastongazette.com

October is halfway over, but Breast Cancer Awareness Month is still going strong. Many people continue to wear pink to put special emphasis on the disease that will claim the lives of 39,620 women by the end of 2013.

Looking to add a little sparkle to your wardrobe while supporting the fight against breast cancer? Here's a roundup of some items for sale online, some of which donate a portion of proceeds for research, prevention, diagnosis, treatment and finding a cure for breast cancer.



**Beaded Leather Bracelet with Breast Cancer Awareness Ribbon**  
From: Hope Paige, www.hopepage.com  
Price: \$29.95  
Details: Fashionable medical identification bracelet.



**Ribbon Beanie**  
From: Susan G. Komen, www.shopkomen.com  
Price: \$30  
Details: 100-percent polyester fleece beanie with flaming ribbon logo embroidered on the front. Twenty-five percent of proceeds go to Komen Headquarters for breast cancer research initiatives.



**Tie Dye Tee**  
From: Susan G. Komen, www.shopkomen.com  
Price: \$35  
Details: 100-percent polyester tie dye tee with flaming ribbon logo. Twenty-five percent of proceeds go to Komen Headquarters for breast cancer research initiatives.



**Love Ribbon Breast Cancer Awareness Necklace**  
From: Avon, shop.avon.com  
Price: \$5  
Details: 100 percent of net profits donated to the Avon Breast Cancer Crusade.



**Breast Cancer Crusade Watches**  
From: Avon, shop.avon.com  
Price: \$30  
Details: Available in all black and black with pink trim. One hundred percent of net profits donated to the Avon Breast Cancer Crusade.



**Avon Foundation Rose Zipped Case**  
From: Avon, shop.avon.com  
Price: \$5  
Details: 100 percent of net profits donated to the Avon Breast Cancer Crusade.

**ADDITIONAL ITEMS**  
Wilson Jones Pink Charm Paper Clips  
From: Wilson Jones  
Price: \$3  
Details:



**Beaded Leather Bracelet with Breast Cancer Awareness Ribbon**

From: Hope Paige, www.hopepage.com  
Price: \$29.95  
Details: Fashionable medical identification bracelet.