

2018 Health and Fitness Guide

Taking Care of Your Eyes

Eye examinations are an important part of health maintenance for everyone. Adults should have their eyes tested to keep their prescriptions current and to check for early signs of eye disease. For children, eye exams can play an important role in normal development and learning.



Vision is closely linked to the learning process. Children who have trouble seeing or interpreting what they see will often have trouble with their schoolwork. Many times, children will not complain of vision problems simply because they don't know what "normal" vision looks like. If your child performs poorly at school or exhibits a reading or learning problem, be sure to schedule an eye examination to rule out an underlying visual cause.

A comprehensive eye exam includes a number of tests and procedures to examine and evaluate the health of your eyes and the quality of your vision. These tests range from simple ones, like having you read an eye chart, to complex tests, such as using a high-powered lens to examine the health of the tissues inside of your eyes. Eye care is just like whole body care, having regular, annual vision screening and eye exam procedures are important to keeping your eyes healthy.

Vision World at Four Corners in Pelham Manor maintains a top staff of Optometrists and Opticians, specializing in designer eyewear and contact lenses. They accept many insurances and offer a wide selection of designer eyewear for all ages. Vision World is located at 4678 Boston Post Road, Pelham

Manor. Call 738-2885 to set up an appointment today.

Increase Your Daily Antioxidant Intake

It is thought that organic juices and juicing in general should be treated as a handy supplement to your daily diet, allowing you to increase antioxidant intake from an avalanche of vegetables that you wouldn't otherwise consume in one day.

Nutrient levels in the foods we eat and our increased stress levels contribute to the higher requirement of antioxidants our body's need. The government's ideal recommendations of daily fruit and vegetable intake are often impractical and this is where juicing comes in.

The interesting part about juicing is that people mistakenly think that all juices are created equal. Eight ounces of concentrated pasteurized orange juice is depleted of nutrients and enzymes, which is comparable to drinking sugared water and are simply a fast release of glucose into the blood stream.



Juice containing raw, cold, pressed vegetables and low sugar fruits such as kale, celery, spinach, pear, lemon and ginger as a start, provide a host of antioxidants without the insulin spike.

Gourmet Express in Pelham Manor has devoted an entire area of their store to Juices and Smoothies that both cleanse and allow you to meet your daily requirement of fruits and vegetables for your busy lifestyle. Let Sandy or one of his highly-trained staff assist

you in choosing the best Health Shot, Detox Cleanse or Simple Juice today.

Gourmet Express is located at 924 West Street in Pelham Manor. Call 738-6569 or 738-6165 to learn more about their variety of juices and more.

A New Year Filled with Smiles!

Pacia Family Dental, Pelham Manor's family-owned dental practice is dedicated to creating beautiful, long-lasting smiles and maintaining healthy mouths for their patients in lower Westchester, the Bronx and the surrounding communities. They deliver the highest quality general and cosmetic dental care in an atmosphere of warmth, kindness and respect. Their caring staff welcomes children, adults and seniors and guarantees the comfort of every member of your family. Their goal is not just to correct any dental problems, but to help you prevent dental problems in the future.

Whether your dental needs include a complete exam and cleaning, a full-mouth restoration, or anything in between, we promise to provide

you with exceptional care every step of the way. Our state-of-the-art office utilizes the newest dental technologies to assure that your visits are as comfortable and stress-free as possible. We are a completely digital office with digital x-rays, intra-oral camera and charting.

Pacia Family Dental is located at 530 Colonial Avenue, Pelham Manor. Call 914-738-6707 and visit dentist-pelham-manor.com



Ultra-Luxury Fitness at Kinetic

Kinetic Sports Club is a full-service fitness and recreation center for the entire family, featuring 50,000 square feet of ultra-luxury amenities, cutting-edge fitness equipment, dynamic group fitness classes, elite personal trainers, a nutritional juice bar, luxurious locker rooms with steam rooms and saunas, state-of-the-art sports facilities, exciting kids programs, an in-house babysitting service and much more for members throughout Westchester County.

The K-Strong Group Training program include wo things coming together to create something stronger, more powerful and longer lasting. K-Strong is a training system that provides proven results. They know that people do better with coaching, encour-

agement, support and accountability. The K-Strong program offers 12 specialized classes per week of training to meet every goal, budget and fitness level.

Other features include: Core Yoga, a one-hour style vinyasa class; Body Combat, a fiercely energetic martial arts-inspired workout; 60+ Group Fitness Classes; Basketball Court; Indoor Soccer Field; Full Juice & Snack Bar and Myride Cycling.

Kinetic Sports Club is located at 872 Pelham Parkway. Call 914-738-4000 and visit kineticssportsclub.com for additional information and to set up an appointment.

Spice Up Your Life ... and Food!

Are you like me, always trying to find a new spice to add great flavor to your dishes? I recently came across, Pereg

Natural Foods (pereg-gourmet.com) and their incredible line of gourmet spices, grains and flours.

Family owned since 1906, Pereg Natural Foods strives to provide their customers with the best spices and grains the world has to offer...and they do. Producing more than 60 varieties of spices, spice blends and herbs, along with flavored ancient grain mixes, gluten-free quinoa pastas, couscous, basmati rice, spreads, and breakfast cereals. All of the brand's offerings are 100% pure, fresh and natural and never include any additives, preservatives, fillers, MSG, or food coloring. In addition, every product is OU Kosher certified, and many are Non-GMO Project verified, gluten-free certified, Whole Grain Council approved, and vegan.

There are so many things I love about these spices. First

continued on page 15

John Pacia, D.D.S.
Elizabeth Pacia, D.D.S.
GENERAL & COSMETIC DENISTRY

580 Colonial Avenue
Pelham Manor, NY 10803
Tel (914) 738-6707
Fax (914) 738-5789

www.dentist-pelham-manor.com

M, T, W, F: 8am to 5pm
Saturday: 7am to 1pm
No office hours on Thursday



Spice Up Your Life...and Food!

continued from page 14



and foremost was the aroma...each spice or spice rub combination is beautifully perfumed with exotic spices that allow you to imagine yourself as a real chef in your own kitchen.

I used the spice combo Shawarma in my stuffing and on my turkey during the holidays. What a wonderful addition! Next up will be trying my hand at making Falafels.

Visit www.pereg-gourmet.com today and order everything you need to be a gourmet chef in your kitchen...view their line of great recipes and see where you can buy their line in a store near you.

We Care About Your Eyes



Inside & Out

Optometrists and opticians specializing in designer eyewear and contact lens since 1982.

Vision World

4678 Boston Post Road
Pelham Manor, NY 10803
914-738-2885

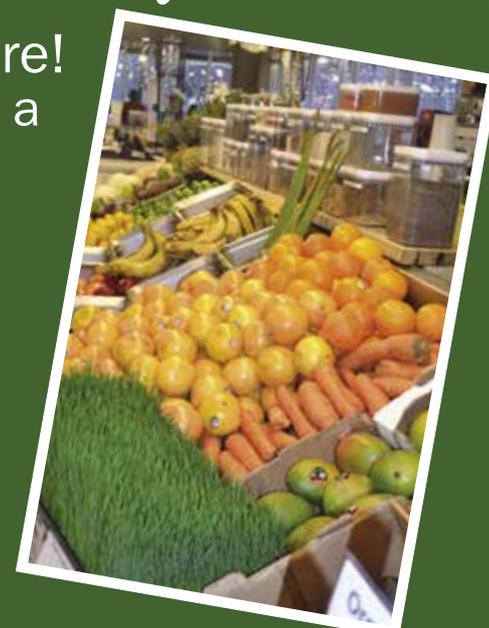
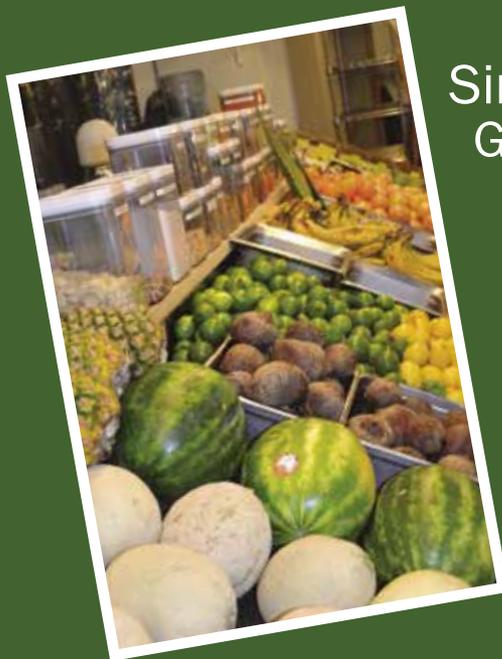
Mon-Fri 10am to 6pm Sat 10am to 5pm

Most insurances accepted, reliable service, offering a wide selection of eyewear for all ages.

Gourmet **express**

Detox • Restorative
Simple Juices • Health Shots & More!
Gourmet Express has you covered with a wide variety of juices & smoothies!

Drink the requirement!



924 West Street, Pelham Manor, NY 10803

738-6569

738-6156

Fax: 738-6800



K I N E T I C S P O R T S C L U B

energy for life.

A five star fitness facility and recreation center with 50,000 square feet of premium luxury fitness space for the entire family. Featuring brand new top of the line fitness equipment, spinning studios, yoga and group exercise, water park, youth sports classes, Parisi Speed School, birthday parties, and so much more!

ULTRA-LUXURY AMENITIES

Adult Lap Pool

Juice Bar

Pro Shop

Aquatic Center

Luxurious Lounges

Serene Yoga Studio

Functional Training

MyRide + Cycling

Spa Rooms

150 PROGRAMS AND CLASSES EVERY WEEK

Featuring **AVEDA** Products
and Eucalyptus Chilled Towels

\$150 off enrollment

Special offer for Pelham residents. Offer expires January 31, 2018.

872 PELHAM PARKWAY, PELHAM MANOR, NY 10803
914-738-4000 | WWW.KINETICSPORTSCLUB.COM

