

THE IMPROPER BOSTONIAN

the
Word

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FITNESS

Super Fly SuperSlow

The faster and more frequently you run, cycle or step, the better shape you'll be in, right? Not necessarily, says Josh Golder, president of Cutting Edge Fitness, a new exercise studio in Newton Center. He works out for 18 minutes every 10 days, and "I'm in good shape," Golder says. As the only licensed SuperSlow exercise instructor in Massachusetts, Golder works with clients one-on-one, taking them through an intense 30-minute weekly session of exercises performed at an excruciatingly slow speed.

With SuperSlow, an exercise trend that's been around since the late 1990s, Golder says that muscles experience prolonged, concentrated contractions that thoroughly exhaust them, resulting in a far greater increase in strength compared with regular weight training. "You increase the metabolic rate by adding more muscle, which will help you lose body fat and help you become more toned," he says. It sounds ideal to us—a mere 30 minutes per week. But don't take our word for it—just look at SuperSlow clients Katie Couric, Diane Sawyer and Calvin Klein. *15 Cypress St., Newton (617-965-7120) .--J.S.*

