

## New fitness routine helping People in battle of the bulge

By Susie Davidson

Advocate Correspondent

NEWTON - Recently released statistics show that one in three Americans is obese and two of three is clinically overweight. The added pounds increases the incidence of diabetes and cardiovascular disease.

The government recently advised an hour per day of exercise, to the collective chagrin of superbusy America. However, fitness guru Josh Golder may have one way to fit it in.

Golder, president of Cutting Edge Fitness Inc. of Newton Centre, is the only licensed Superslow instructor in Massachusetts. The one-to-one workout, which takes only 30 minutes a week and Golder offers by appointment only, is utilized by Katie Couric, Diane Sawyer and Calvin Klein.

The workout is designed to help reduce body fat, build lean muscle, increase cardiovascular health and bone density, relieve lower back and neck pain, and

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boost energy and strength.

"Even if in an ideal world, where clients had unlimited time and money, this half-hour of exercise per week would still be advisable, because it produces the best results of any method I've experienced," Golder said. "In fact, it's been designed to stand on its own."

Golder's studio, which has no mirrors or music, facilitates both concentration and efficiency. "The equipment," he said, "is carefully calibrated to enable you to do the extremely slow Super-

Slow exercises. There's an advanced pulldown machine, neck extension/flexion machine, and other equipment modified to fit the protocol."

He cited studies reflecting that beginners using SuperSlow gained 50 percent more strength than those who used a standard Nautilus program. Newsweek, Business Week, Vogue and Ladies Home Journal have cited the benefits of the unique, time saving program.

Golder, who at age 18 was the youngest personal trainer certified by the American Council on Exercise, grew up in Falmouth, where he was bar mitzvahed. Two years ago, the 5foot-9 Golder weighed 100 pounds and was diagnosed with Crohn's disease.

Today, since adopting the Superslow method, he is up to 172 pounds and is in superb physical shape.

*For more information about Superslow, contact Golder (617-965-7120).*