

here & now

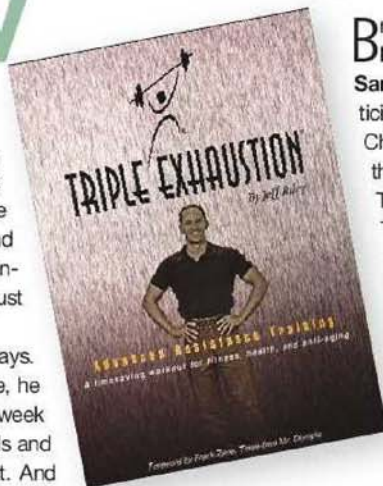
Personal trainer **Jeff Riley**, of Fitness Innovations, knows you're busy...so he says to work out harder, not longer, to get in shape. In his new book "Triple Exhaustion," Riley explains resistance training and how you can stimulate positive change in your body by training harder, sometimes even for just 15 minutes. But it's not just about lifting weights.

"Exercise makes you fit. Nutrition makes you lean," he says. So his book touches on nutrition and diet tips. For example, he subscribes to the concept of a pleasure meal. Eat well all week during what he calls "goal meals," avoiding processed foods and consuming the proper amount of protein, starches and fat. And for one meal, you get to have that stuff that calms your psyche, whether it's chocolate or cheese or a big old Coke. "There's nothing you can't have. But only once a week," he says.

The book includes pictures of Riley during bodybuilding competitions as well as workout routines readers can follow, including places for notes.

Riley has been learning about fitness and nutrition since the 1970s and has been a trainer for 20 years. His book is \$24.95 and is available at his fitness studio, 1687 Washington Road and at the Borders on North Highland Road.

Personal Trainer Jeff Riley's new book, *Triple Exhaustion*, contains nutrition and diet tips.



Brothers **Aaron** and **Daniel Randolph**, Sunridge Drive, and **Sam Kniola**, Parkridge Lane, participated in the Mid-American Karate Championships in Cincinnati, Ohio, this fall. The boys attend Kerrigan's Traditional Karate-Do in Scott Towne Center, a karate school owned by Carnegie Drive resident **Chuck Kerrigan**. Aaron and Daniel's team placed second in forms while Daniel took second and Aaron third in sparring. Kniola placed fourth in his forms.

Melissa Evans, Seminole Drive; **Barbara Logan**, Valleyview Road; **Dave Redding**, Sage Drive; and **Jim Wojcik**, Longridge Drive, have joined the Historical Society of Mount Lebanon board of directors. The society, which has a history center at 200 Lebanon Avenue, works to preserve and interpret the history of the community. **mtl** magazine's **M.A. Jackson** is historical society president. www.hsmtl.org.

The Mt. Lebanon Junior Women's Club will host a "Night at the Museum," 8 P.M., Saturday, March 6, at the Heinz History Center to benefit Angel's Place, a family development program for single, low-income, student parents and their children. Tickets are \$85 a person and include hors d'oeuvres, music and happy hour. There will be a silent auction items and raffle. Tickets are available at phillipsd6276@yahoo.com or 412-559-4036. From left: benefit co-chairs Nadeana Cook, Heather Rymuza and Danielle Phillips; Andrea Thompson, president; Michelle Smith Tipton, Angel's Place; and Jennifer Swango, benefit co-chair.

