

# WESTPORT~NEWS

## On the Home Front

Bi-monthly column by: Linda Skolnick

### At Home in your Gym

Homes in Westport are getting bigger and bigger, even though family size is not always expanding at the same rate. Westporters are finding the need for specialized rooms, such as Media Rooms, Walk in Humidors, Wine Cellars...and of course Home Gyms. In-Home Gyms are no longer hidden in the small space under the stairs in the basement. Many homeowners are planning their gyms in some of the best and brightest spots in their homes.

So, how do you insure avoiding expensive mistakes? Julie Migliaccio and Traci Roick, Personal Trainers and owners of Exxtreme Fitness located at 292 Post Road East have the answers. In addition to training the likes of Tommy Hilfiger , The Pressman Family (Owners of Barneys New York), and Professional Tennis Player Mats Wilander, they have also consulted with them and many others on the dos and don'ts of planning an In-Home Gym.

To set a perfect prototype, Migliaccio and Roick opened their own In-Home Gym ...out of their home! Premier Home Builder Michael Greenberg worked with them to create their vision for a gym while reflecting their own personal style, uniqueness and attention to detail. The outcome...Exxtreme Fitness.

“The first step,” says Migliaccio, “is to choose an appealing space. Then... don't skimp on quality. A basic rule of thumb...buy the best your budget will afford.” Roick adds, “Even if you have to start with just a jump rope for your aerobics equipment, it's okay...you can keep building as your budget expands.”

Migliaccio and Roick insist on top products from the floor up. “Always,” they remind, “pay attention even to the floor mats. Use Air -Ex Floor Mats, which tend to be more expensive, but last forever.”

“Make sure you create a good balance of cardio and strength training equipment. Treadmills are the most popular aerobic machines purchased. Buy a high quality machine, even if it's the only machine you buy. Insure that it comes with a 3 year warranty for parts and labor. If you still have a budget left, add a spin bike too. Then, add simple dumb-bells from 5-20 pounds. Include bands, resistance tubing and medicine and stability balls into your assortment.”

The perfect environment includes natural temperatures Do not blast the air conditioner or the heat, the rooms should be cool, not cold for best muscle care. Add a television and/or music for additional motivation.

Julie Migliaccio and Traci Roick are available for individual home consultations, or come try their home gym at 292 Post Road East for personal training and small classes, such as Triple A (you'll have to ask them what the A's stand for), or a class run to Compo beach and back, with a bunch of calisthenics in the middle. No whiners allowed though...so only the strong (willed) need apply. They can be reached at 454-3353.