

Feature

New Equipment the Perfect Fit for Fitness Unlimited

By Diane Baltozer
Times Staff

As fitness needs change, fitness facilities must do so as well to keep up with the demands of their clients. At Fitness Unlimited in East Milton Square, their latest change is putting a smile on the face of their clients while reducing injury.

The health facility, located at 364 Granite Ave., has recently introduced a new complete line of fitness machines designed to provide the same muscle-building workout while reducing the likelihood of injury.

The women-only exercise facility recently replaced its older circuit exercise equipment with a dozen new Hoist Roc-It circuit machines designed to lower the impact of lifting weight and reduce post-workout aches.

The facility chose the new machines after extensively surveying and testing a variety of equipment at fitness equipment shows. According to Fitness Unlimited, they chose Hoist Roc-It machines because they do what their name implies: they mimic the way the human body naturally moves - with rolling, rocking, easy-gliding motions, not bone-on-body pounding ones - so they are considered much safer for exercisers than previous machines.

"When you're exercising on Roc-It machines, you're working out with them, not primarily against them," said staff members Beth Whitney who along with Ann Marie Boylan, demonstrated the new machines. "There's less strain on your muscles and body. The movements are smoother than on many other machines, and you're also less likely to experience injuries or aching muscles," said Whitney. "You're still burning calories and building up your strength, as with other machines, but not putting a lot of strain on your body going through motions it wasn't made for."

This gentler style circuit exercise has long-term benefits compared with many other types of circuit and other exercise. "You're avoiding injuries that can have life-changing effects" such as falls that other types of exercise can pose, for instance, explained Boylan.

The strengthening aspects of the machines also

offer long-term benefits, the experts explained. They train you to become more balanced and have lower impact than running and other exercises that pound your bones and can increase the risk of falls.

The new Roc-It machines should prove beneficial and popular with all ages, including older exercisers who often have a greater chance of suffering from osteoporosis and unsteady balance.

According to personal trainers and users at Fitness Unlimited, the Hoist Roc-It circuit training routine is a more pleasant experience and helps users obtain a more effective workout.

"You're far less likely to have aching muscles later, but you're still burning calories, so your weight is not straining your heart," said Boylan. "And keeping your muscles and bones strong where they attach by working them gently also has long-range benefits in preserving your mobility."

In addition, the new machines are easy to use and require few adjustments. "There's not as much waiting time to work out," said Whitney. "You don't have to spend as long on them as on some other equipment for your desired results." A workout on the new Hoist Roc-It circuit can be done in about 15 minutes, despite the fact that the full circuit includes 13 machines, which target all areas of the body.

"We've had great feedback from people because the new machines are so smooth," said Whitney.

"People here are loving it - it's easy to use, and you can feel its working," said Abbi Ford. "You can combine it with other equipment for a full workout."

Meanwhile, for those seeking something other than a circuit workout, Fitness Unlimited has retained some of its traditional equipment such as exercise bikes, as well as continues to offer a wide variety of classes for those seeking cardio exercise, yoga, kickboxing and other fitness regimes.

For more information, call 617-698-0260 or visit it at 364 Granite Ave., and www.fitnessunlimited.com.



Abbi Ford demonstrates the new training machines at Fitness Unlimited in East Milton Square. The machines are designed to give a more effective workout while reducing the possibility of pain and injury.

News

Proposed House Budget Includes Funds for Schools

By Jack Cardinal
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Sen. Brian Joyce joined his colleagues in the state House of Representatives and Senate in passing the conference committee report for the Fiscal Year 2014 budget, which includes more than \$2.7 million for Milton schools.

The budget closes a \$1.2 billion budget gap and provides increased aid to students and municipalities. For Milton, the FY14 budget will provide \$2,782,004, which goes directly to municipalities for infrastructure improvement and repair, public safety and economic development. The budget also boosts funding to Milton schools to \$5,869,609.

"Investing in both our communities and children is the best way to continue our state's economic recovery and foster new growth and job creation," said Joyce. "Excellent schools, solid public safety, and reliable infrastructure remain

important considerations to new businesses looking for a home and help established businesses find the workforce they need to grow."

The balanced budget fully funds the Special Education Circuit Breaker and full day kindergarten, eliminates the waitlist for home care services for the elderly, increases access to childcare, boosts support to economic development and employment programs, and continues to increase transparency and accountability in state government for taxpayers.

Milton also received \$750,000 in funding for the Trailside Museum, one of the few facilities in the Metropolitan Boston area where families can access a wide range of affordable environmental, cultural and educational programs.

Additionally, the town of Milton will receive increased payments in lieu of taxes (PILOT) next year as a result of a measure co-sponsored by Joyce. Milton has previously received \$3,915,813 in PILOT payments as a result of legislation authored

by Joyce that requires state payments to the town for the loss of potential tax revenue from Blue Hills Reservation land in Milton.

The Senate also adopted the conference committee report for the Fiscal Year 2013 supplemental budget. This bill included \$300,000 for the town, sponsored as partial reimbursement for the extraordinary health care costs related to supporting injured Milton firefighter Antonio Pickens. These funds will partially offset that cost and allow such funds to be used in other important areas, including schools and public safety.

The FY 13 supplemental budget restores 9c funding cuts made last year. This bill provides funding to critical programs, including reimbursements for districts with high-needs special education students, reimbursements to local school districts for transporting homeless students to and from school, and mental health programs.