



The Health & Wellness Advisor

Empowering Mind & Body for a Fit Life

May/June 2013

Vol. 1 No. 3

From Our Directors

Is it May already? Where did the time go? As many of you plan, pack, and “push off” to your northern homes or summer getaways, your Solaris Health & Wellness team would like to offer a sincere “thank you” for allowing us to serve you and your family’s health and rehabilitation needs.

For those of you who remain in Florida for the summer, we would like to encourage you to take advantage of a free Biodex Balance & Fall Risk Assessment or Fitness Consultation, compliments of our physical therapist or exercise specialist. Space is limited, so call today to schedule your appointment.

Are you interested in starting a fitness regimen but don’t know exactly how to start? A personal trainer can put the “personal” back into your workouts. Not only will your trainer devise exercises that are best suited to your fitness goals, but you can plan session times that are convenient for you. Your trainer will work with you one-on-one to make sure you’re getting the most out of every exercise in your routine. Many trainers also have experience in other areas of wellness such as nutrition, weight control, or post-rehabilitation. Ask us about our discounted Smart Start, three-session personal training packages.

As you may know, the National Health Awareness and Recognition calendar brings health concerns to the forefront with their monthly features. May is Better Hearing & Speech Month as well as National Osteoporosis Awareness Prevention Month. In this newsletter, we have valuable information about osteoporosis and bone health. Further, there is information on vaccines which many people of a certain age and stage wouldn’t ordinarily think about. There are also some tips for eating healthy like - Meals That Work at Work.

Solaris Health & Wellness is a new nonprofit health, wellness, and rehabilitation facility serving Lee & Collier counties. We offer a variety of services including physical, occupational, and speech therapy, personal training and nutritional management.

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Did you know you have a choice? If your doctor prescribes physical therapy (or another therapy), you have the right to choose which facility you attend. The bottom line... you control where you are to be treated. Tell your doctor about Solaris Health & Wellness.

We are hoping you find this newsletter informative and that you continue - or start - your way to empowering yourself to a Fit Life.

To Your Health & Wellness,



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Solaris Health & Wellness, a new nonprofit outpatient health, wellness, and physical rehabilitation facility located in Bonita Springs, close to Bonita Beach Road and U.S. 41. Our services include physical, occupational, speech, massage and nutrition therapy, as well as post-rehabilitation, wellness, and personal training services. ☀️

Down to the Bone

Maintaining Bone Health



By: Amy Trigo Keating, PT, DPT, CST

Bones are living and growing tissue. They must be both strong and flexible to meet the demands of our physical activities. Osteoporosis is a disease where the bones lose too much density, becoming fragile and more likely to fracture. Proper nutrition, including vitamin D and calcium-rich foods, weight bearing and strengthening exercises all contribute to bone health.

Girls and women under the age of 25 make more bone than they lose. Their bones continue to strengthen until they reach peak bone mass, the greatest amount of bone tissue a person will have. The greater this value, the less likely a person is to break a bone or get osteoporosis later in life. This is why nutrition and exercise are important for children and young women. As women move into their 30s, bone formation decreases and bone loss increases. In our 40s, this shift continues as bone loss accelerates. After menopause, estrogen levels drop significantly and many women develop osteoporosis. Approximately 50% of women over age 50 will break a bone because of osteoporosis.

It is never too late to take care of your bones. Good lifestyle habits contribute to optimal bone protection and reduce the risk of osteoporosis. Bone health is a lifelong journey, but no matter your age you can be proactive by reviewing risk factors and developing a comprehensive plan. Ask your doctor or healthcare provider how to prevent bone loss now. ☀️



Vaccines for Adults

Why Are They Important?



By: Jeffrey Heitmann, MD

Many diseases - such as polio and measles - are rarely or never diagnosed anymore due to widespread compliance with childhood vaccination. Yet many adults are not being protected against common diseases for which vaccination is easily available.

Adults need vaccinations for multiple reasons. First, immunity achieved from a childhood vaccine can decrease and a booster shot is needed. Second, there are new vaccines that were not previously available. Additionally, as a person's health, age and lifestyle changes, additional vaccinations are recommended. Do you know all of the vaccines that are recommended for you?

Great information on vaccines is available at the CDC (Centers for Disease Control) website. They even have a quick quiz you can take to help figure out what vaccines you are due for. You can view this quiz at: www2a.cdc.gov/nip/adultimmsched. It takes just a few minutes to complete and you can print the results and take it with you to your next physician visit.

A few vaccines that you should consider are to protect you against pertussis (whooping cough), shingles and pneumococcus.

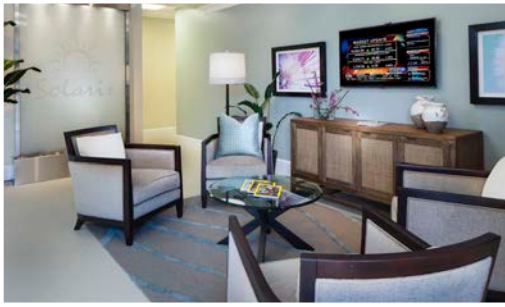
If you are the primary caretaker of or are frequently around a young child, you need to receive a tdaP (tetanus, diphtheria, pertussis) vaccine. Even if you have recently had a tetanus only shot, you can still receive the one for pertussis, also known as whooping cough. There has been an increase in cases of

whooping cough in Southwest Florida in the past few years. Whooping cough in adults presents as a respiratory illness with a chronic cough. In young children, it can be life-threatening. We are now encouraging all pregnant women, their partners, and the involved grandparents to get this vaccine BEFORE the new baby arrives!

If you are age 60 or over, you should receive a single dose of the shingles vaccine. Shingles is a painful rash of multiple small blisters. Many patients experience prolonged pain after the rash is gone known as post-herpetic neuralgia (PHN). The rash is caused by the Varicella Zoster Virus, the same virus that causes chicken pox. Even if you had chicken pox as a child you should still receive the vaccine.

Vaccination against *Streptococcus pneumoniae* (pneumococcus) is also recommended for everyone at the age of 65. Pneumococcus infection is defined as finding the bacteria in a normally sterile site such as blood ("bacteremia") or spinal fluid ("meningitis"). Pneumococcus complications can occur after a primary pneumonia infection (an infection in the lungs) but it does not have to be related to pneumonia. The newest guidelines also recommend that anyone age 19-64 who has asthma, chronic lung disease or is a smoker should also receive the vaccine.

There are additional vaccines currently available that you may qualify for so be sure to talk with your health care provider at your next visit. ☀️



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Osteoporosis Defined



Invest in Your Bone Health Now

By: Dr. Cristina Tzulinis

What do you think of when I say the word, OSTEOPOROSIS? Do you think of a little old lady that is hunched over, walking with a cane? While you are correct, low bone density can happen in young people and affects many men as well.

I know most people invest their money early and wisely to maximize their retirement account. I want people to think of their bone health in the same way—as an investment now that will pay them back in the future. If you don't want to break a hip when you are enjoying your later years, you need to think about your bone health now.

In women, our peak bone mass is usually around the age of 30. By the time you hit 40, you start losing bone density slowly. So it is important as a child, teenager, and young adult to get a balanced diet, and to exercise. You want your (or your children/grandchildren's) peak bone mass at 30 to be the best it can be! Once you hit 50, or around the time of menopause, that bone loss picks up at a faster rate!

To make your bones as strong as they can be, you need enough calcium, vitamin D, and exercise. You should also quit smoking, and limit alcohol and caffeine intake. Smoking

is a risk factor for osteoporosis, as well as many other health issues. Alcohol and caffeine interfere with calcium absorption.

Some medications are also to blame such as the contraceptive Depo-Provera, Lupron, excess thyroid medication, chronic steroid use, certain chemotherapies, and certain anti-seizure medications. Don't just stop taking these medications, but be sure to discuss side effects from long term use with your doctor. Some patients need to be screened for low bone mass at earlier ages due to use of these medications. Women who experience an early natural menopause, or surgical menopause (e.g. hysterectomy), might have a low bone mass or early osteoporosis, and need special attention and screening as well. Genetics can also cause bad bones - if you have a family history of osteoporosis, this needs to be discussed with your doctor.

The DEXA scan, a type of bone scan to detect bone mass, is very simple. It is not painful, you keep your clothes on, and it's not risky when you talk about radiation exposure. With one flight from NYC to LA, a person is exposed to 10-15 times more radiation than one DEXA scan. We offer our patients DEXA scanning right in our office!

We want you to be the best you can be at any age~right down to your bones!! ☀️

Bonus: More on Osteoporosis

By: Suzann Helber

Osteoporosis is a disease in which calcium absorption in bones gradually decreases and they become weak and brittle. As we grow, our bone mass collects and stores strengthening minerals, most important, calcium and vitamin D. Bones are constantly changing through a process called remodeling or bone turnover. This process allows growth and healing. Certain cells in bone matrix (the substance between cells from which new tissue grows) remove old bone and different cells build new.

As we age, however, as all life systems and processes do, remodeling breaks down more quickly than new can form. Peak mass for males and females is reached by about thirty-five years old, so the risk of developing osteoporosis is dependent on the density of bone mass between the ages of 25 to 35 and how rapidly bone tissue is lost after that time.

People over the age of 50 are particularly at risk; women are four times more likely to develop the disease than men. Post-meno women should be screened for the disease condition especially if they have risk factors that exacerbate its onset. Family history, low calcium intake, high caffeine consumption, smoking, inactive lifestyle, and decreased estrogen are among the contributing effects that put women at high risk. Men with the same factors exchanging low estrogen with low testosterone levels are subject to develop osteoporosis as well, though, as stated, at a less likely rate. Osteoporosis occurs in all races but is slightly more common in Caucasians and Asians.

Although a diagnosis of osteoporosis is certainly not a good thing, medical science has made great strides in not only detecting the disease, but actually halting its progression, and sometimes, even reversing it. Patients can undergo various procedures to test bone density.

A specialized nuclear medicine bone density test called a dual-energy x-ray absorptiometry, a DEXA scan (sometimes referred to as DXA) is painless and takes very little time -- 10-15 minutes. It measures bone density at the spine or hip, locations most frequently associated with fractures. The scan emits very little radiation -- one-tenth the amount of that of a routine chest x-ray.

Patients diagnosed with medium to high risk of osteoporosis may be prescribed one of the many medications on the market that have proven effective. There are drugs that can be administered daily, monthly, and yearly. One, Reclast, is given as an IV and takes about fifteen minutes to administer. Its effectiveness is a full year. Physicians have the ability to track a patient's treatment from simple blood and urine tests to check bone density from whatever medication the patients were prescribed and track their response to treatment.

Osteoporosis is a disease, condition that is relatively easily diagnosed, monitored, and most important, treatable. Like most maladies of its kind, recognition of risk factors, early detection, and patient education are key to keeping it in check. ☀️

Desktop Dining



Meals at Work That Work

By: Betsy Opyt, Registered Dietitian

Many of us eat our lunches or other meals at our desks, while writing e-mails and answering the phone between bites. Of course the best advice is to avoid desk dining for a number of reasons, including mental and physical health. However, sometimes it is inevitably going to happen; you are just too busy to get away. These tips may help.

Meal planning

Take the time to plan your meal before digging in to avoid taking bite after bite of food that you do not even taste.

Exercise

If you can not get away for the full 30- to 60-minute meal period, spend at least 10 minutes walking briskly around the building.

Clean and safe

The average desk harbors many more microbes than the average toilet. Keep disinfecting wipes close at hand, so you can clean off the area where you will eat.

Small meals and snacks

Do not eat just because the clock tells you that it is time to. Some people who are very busy at work find it easiest to have a few small portions spread throughout the day, rather than sitting down to eat a meal that they may not even really want, just because it is "time."

Beverages

Do not forget to keep track of those beverages. Many people gulp down cup after cup of coffee with heavy cream and sugar, and wonder why they are not able to lose weight.

Carbohydrate, protein, and fat

Remember to have complex carbohydrates (such as whole grain products) lean protein, and a little "healthy" fat (such as avocado or nuts) in your meal. This will help to keep you full for longer.

Healthy choices

The little things count. It is easy to tell yourself that these choices have a minimal impact on the healthfulness of your meal, but all of those minute details add up at the end of the day. A handful of baby carrots, an apple, a few nuts or some whole grain granola will add up to a healthier day.

Other options

If you absolutely must work while you eat, choose a less taxing project. Perhaps it is better to take a shorter meal break and concentrate on your food, rather than take a longer meal period and work the entire time. ☺



Sample Meal Plan

Sonja's Weekly Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	1 c oatmeal w/ 2 T pumpkin 1 T slivered almonds 1 T protein powder	2 eggs (1 yolk) spinach/tomato 1 banana 1 greens drink	Breakfast 1 English muffin w/ 2 tsp nut butter 1 egg 1 kiwi	egg casserole w/ veggies/cheese 3/4 c berries 1 greens drink	1 c oatmeal w/ cinnamon 1 T raisins 2 tsp ground flax 1 T protein powder
11:00 AM	2 c Spinach Salad 3 oz chicken 1 T walnuts 1 T cranraisins 1 T light raspberry vinaigrette 1/2 c slices strawberries	Ezekial Wrap 1/2 c veggies 2 T hummus sprouts	Lunch 2 c Mixed Greens Salad 3 oz tuna 1 T slivered almonds 7 grapes sliced 1 T balsamic vinaigrette	Ezekial wrap 3 oz chicken romaine lettuce/tomato 1 T light caesar dressing 1 pear	Crepe 3 oz tuna spinach 10 baby carrots 2 T hummus
2:30 PM	1 apple 1 T almond butter	6 oz yogurt 1/4 c fruit	Snack Cottage cheese 4 oz 1/2 fruit Green tea	10 baby carrots 2 T hummus	2 clementines 6 almonds
6:00 PM	1 c veggies (salad or cooked) 4 oz Salmon 1/2 c brown rice	1 c veggies (salad or cooked) 4 oz baked chicken breast 1 small sweet potato	Dinner 1 c veggies (salad or cooked) 1 wheat tortilla 4 oz shredded chicken 1 T shredded mexican cheese 2 T black beans (or refried) 2 T salsa	1 c veggies (salad or cooked) 2 small slices veggie pizza	1 c veggies (salad or cooked) 4 oz Turkey Meatloaf 1 small sweet potato

6 Evidence-Based Ways to Burn Belly Fat *and* Extend Your Life

By: Sayer Ji, Founder GreenMedInfo.com

The ongoing battle of the bulge, while once considered primarily a matter of vanity, may actually be one of the best ways to reduce your risk of dying from a multitude of causes (i.e. all-cause mortality), but especially heart attack.^[1]

Some studies have even revealed that abdominal obesity, known clinically as central obesity, and which is measured by the hip-to-waist ratio, may be more important than blood lipids, i.e. “cholesterol,” in determining heart attack risk.^[2]

So, with this in mind, the following 6 “diet tips,” take on even greater relevance to your overall health.

1. Coconut Oil – Two human studies now exist showing that dietary coconut is safe and effective in reducing midsection fat in both women and men. In the women’s study, the treatment group received two tablespoons of coconut oil (30 ml), daily, over a period of 12 weeks, resulting in both a reduction in waist circumference, as well as a boost in their “good” HDL cholesterol levels.^[3] In the male study, obese men received two tablespoons (30 ml) of coconut oil per day, taken in 3 divided doses, half an hour before each meal, for one month. The men experienced an average of over one inch (2.86 cm) reduction in their waist circumference, with no changes in their blood lipids.

2. Green Tea – Green tea has been called “the medicine which grew into a beverage.” Indeed, our project has identified research on over 200 health conditions that may benefit from its use, with obesity on top of the list.^[4] In a 2009 study published in the journal *Obesity*, the consumption of catechin-rich green tea was found to be safe and effective in reducing weight in moderately overweight subjects, including an over two inch reduction in their waist circumference.^[5]

3. Sunlight – A 2011 study in *The Journal of Investigative Dermatology* revealed a remarkable fact of metabolism: The exposure of human skin to UV light results in increased subcutaneous fat metabolism. While subcutaneous fat, unlike visceral fat, is not considered a risk factor for cardiovascular disease, it is known that a deficiency of one of sunlight’s best known beneficial byproducts, vitamin D, is associated with greater visceral fat.^[6] Also, there is a solid body of research showing that vitamin D deficiency is linked to obesity, with 9 such studies on our obesity research page. One of them, titled “Association of plasma vitamin D levels with adiposity in Hispanic and African Americans,” and which was published in the journal *Anticancer Research* in 2005, found that vitamin D levels were inversely associated with adiposity in Hispanics and African-Americans, including abdominal obesity.^[7] The point? Exposure to UVB radiation, which is most abundant two hours on either side of solar noon and responsible for producing

vitamin D, may be an essential strategy in burning midsection fat, the natural way.

4. Soy Protein – While soy has become a punching bag of sorts, for rightful (GMO/non-organic/over-consumption/exclusively non-fermented) and wrongful reasons (disregarding the positive soy research), it does seem to have value as a medicinal food in addressing subcutaneous and total abdominal fat in postmenopausal women, likely because it does have hormone-modulating properties.^[8] And for those who have now become convinced that soy’s phytoestrogenic properties are a breast cancer risk, we encourage you to look at the 12 studies on our breast cancer page, indicating quite oppositely that it has potent protective effects against breast cancer initiation and recurrence. Certainly it’s not a one, oreven two-dimensional issue, but it is important that we don’t shut down discussion altogether on the potential value of soy, or any food, for our health – at least not until we have familiarized ourselves with the depth of research extant on the topic.

5. Dietary Challenges – While there are likely hundreds of other chemicals that may contribute to midsection weight gain, the 3 main problematic substances we have identified are (industrially produced) Fructose, Bisphenol A and MSG. You can view the first-hand studies we have collected on the topic under the “Problem Substances” Quick Summary on our Abdominal Obesity Research page. Additionally, a study published in 2011 and published in the journal of *Clinical Nutrition* showed that weight cycling, i.e. the yo-yo diet, is associated with body weight excess and abdominal fat accumulation.^[9]

6. Exercise – This one is obvious to many, but it doesn’t hurt to be reminded that there is more to midsection weight loss than what you do and do not eat. In other words, move it, and you lose it. One of the best ways to accelerate the reduction of belly fat through exercising is through increasing the intensity of your work outs. A 2008 study in the journal of *Medical & Science in Sports & Exercise* showed that body composition changes are affected by the intensity of exercise training with high-intensity training (HIET) being most effective for total abdominal fat, subcutaneous fat, and abdominal visceral fat loss, at least in obese women with metabolic syndrome.^[10] There is also research that green tea catechin consumption enhances exercise-induced abdominal fat loss, as well as soluble fiber intake. ☀️

[1] Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): case-control study. *Lancet*. 2004 Sep 11-17;364(9438):937-52. PMID: 15364185 [2] Risk factors for acute myocardial infarction in Latin America: the INTERHEART Latin American study. *Circulation*. 2007 Mar 6 ;115(9):1067-74. PMID: 17339564 [3] Effects of dietary coconut oil on the biochemical and anthropometric profiles of women presenting abdominal obesity. *Lipids*. 2009 Jul;44(7):593-601. Epub 2009 May 13. PMID: 19437058 [4] GreenMedInfo.com, Green Tea Research [5] Effects of catechin enriched green tea on body composition. *Obesity (Silver Spring)*. 2009 Aug 13. Epub 2009 Aug 13. PMID: 19680234 [6] Association Between Visceral Obesity and Sarcopenia and Vitamin D Deficiency in Older Koreans: The Ansan Geriatric Study. *J Am Geriatr Soc*. 2012 Feb 8. Epub 2012 Feb 8. PMID: 22316299 [7] Association of plasma vitamin D levels with adiposity in Hispanic and African Americans. *Anticancer Res*. 2005 Mar-Apr;25(2A):971-9. PMID: 19549738 [8] Effect of a daily supplement of soy protein on body composition and insulin secretion in postmenopausal women. *Fertil Steril*. 2007 Dec;88(6):1609-17. Epub 2007 Apr 6. PMID: 17412329 [9] Weight cycling is associated with body weight excess and abdominal fat accumulation: A cross-sectional study. *Clin Nutr*. 2011 Jul 15. Epub 2011 Jul 15. PMID: 21764186 [10] Effect of exercise training intensity on abdominal visceral fat and body composition. *Med Sci Sports Exerc*. 2008 Nov;40(11):1863-72. PMID: 18845966. Sayer Ji is the founder and director of GreenMedInfo.com and co-author of the book *The Cancer Killers: The Cause Is The Cure*. His writings and research have been published in the *Wellbeing Journal*, the *Journal of Gluten Sensitivity*, and have been featured on *Mercola.com*, *NaturalNews.com*, *Reuters.com*, *GaryNull.com*, and *Care2.com*. Check out his newest project with co-author Tania Melkonian: *EATomology: An Edible Philosophy of Food*. Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of [GreenMedInfo](http://GreenMedInfo.com) or its staff.

Trainer Spotlight

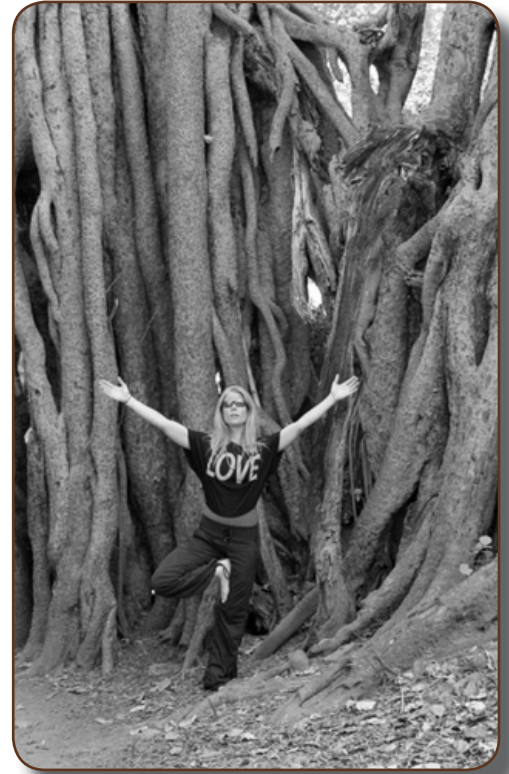
Meet our Yoga Expert



Kelly-Jane Farrell

Yoga Alliance Certified Instructor

Kelly-Jane's passion for yoga ignites students' interest and enthusiasm and a joy for the practice, whether it's to improve a golf game, tennis game or balance, strength and flexibility, yoga is beneficial in all areas of life. Kelly-Jane studied locally with Jivamukti and Yoga Alliance Certified Instructor Carla Olla, receiving her 200-hour Yoga Alliance certification in Naples in 2012. Prior to her local training, she followed her passion half way across the world, to India, studying with Shyamdas and Olla in a three-week intensive course in 2011. Kelly-Jane teaches locally at several fitness centers, private golf and tennis clubs as well as teaching several private classes. She is an instructor at Love Yoga Center. For more information about Kelly-Jane Farrell's availability, please contact her at 239-514-2310. 🌻



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