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IOWA CITY PRESS-CITIZEN



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Program unites exercise, wellness

Three services offered under one roof

By **Mike McWilliams**
Iowa City Press-Citizen

A trio of Iowa City health, nutrition and fitness specialists have teamed up to offer a new program aimed at bringing exercise and wellness services under one roof.

Starting next month -- just in time to start on New Year's resolutions -- Life's Triad will offer a unique combination of personalized fitness, nutrition and salon and spa services. Life's Triad includes Iowa City Hy-Vee registered dietician Cindy Goody, University of Iowa Fitness and Wellness associate director Patricia Kutcher and Zender's Salon & Spa owner Donna Zender.

Individual meetings for Life's Triad will start Jan. 8 at Zender's. Subsequent program overviews are planned once a month to allow new participants to join.

"I think this is a great opportunity for each of the various services to compliment the other, and you get to see the whole picture right in front of you," Kutcher said. "It's unique in that it's all under one roof, and that's the beauty of it, which is hard for some individuals to imagine."

Based at Zender's, 2 S. Linn St., Life's Triad is a six-week program aimed at improving a client's lifestyle through nutrition, exercise and wellness management. Similar programs are available in bigger cities, Goody said.

"We're really trying to is adopt a concept we're seeing a lot on the East and West coasts where you have a day spa but modifying it in such a way that's a service that extends over a period of time. It takes a while to form lifestyle habits or make lifestyle modifications."

Clients pay a one-time fee, which allows them to choose from a selection of service combinations offered by the three entities. Ten percent of the fee would be donated to a local charity of the client's choice.

"I feel that most people who might diet might not exercise and vice versa, and they certainly don't reward themselves through massage therapy and wellness programs such as that," Zender said. "Putting all three together is a great opportunity for the community."

During the initial meeting, clients discuss their overall goals and then select from services that best meet their needs. For example, Goody offers a nutrition assessment as well as a diet and food plan. Clients also will select from yoga for relaxation, moderate yoga and mat Pilates programs and Zender's includes options such as two focus massages, two steam therapies or a hair renewal.

Life's Triad is not meant to replace other fitness or wellness regimens, but to add to them, Kutcher said. The program is open to all ages.

"Having more energy and self-confidence: That's important no matter what age you're at," Kutcher said.

Reach Mike McWilliams at 339-7360 or mmcwilliams@press-citizen.com.

Details

- For more information about Life's Triad or to schedule an appointment, call Donna Zender at 337-2448.

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