

# Get Ready For Your Swimsuit With A Stint At Positively Fit

**BY KAREN BERGER**  
MIRROR REPORTER

Positively Fit guarantees results that will be obvious come swimsuit season.

The first step is to step off the scale, said Maryellen Jordan, president of the Maumee fitness solutions studio.

"Hide it. A scale doesn't tell you anything," Jordan said.

Recognized as one of the top 50 personal trainers in the country, Jordan works with individuals to meet their personal fitness needs — including weight management, injury recovery and athletic performance enhancement.

It all starts with the initial assessment, which includes an ultrasound using a program called Bodyview, which measures the amount of water, muscle, fat and excess fat in the body. The results, along with an optional hair strand analysis to pinpoint factors such as hormones and metabolism, are used to design a diet and

exercise program for each individual.

For Becky Worthen and Tommy Hartman, their needs focused on rehabilitation. Both women underwent surgeries in 2006 — Worthen had a knee replacement and Hartman a hip replacement.

"I had a quick recovery and I owe it all to Maryellen and Angie (Mourton, another trainer at the facility)," Worthen said.

A skier, tennis player and walker most of her life, the 59-year-old registered nurse could hardly walk before surgery, so she began a program with Positively Fit several months before surgery. That preparation led to the speediest recovery her doctor had ever seen.

Hartman, 68, credits Jordan with keeping her going throughout her recovery from hip surgery. During a recent workout, Jordan followed Hartman around the studio, instructing her on which weights to lift and how often.

Unlike most facilities, which design a regimen and then set clients free to lift, Jordan believes in mixing up the workout routines so they don't get stale.

"We always push the envelope, but injury prevention is first and foremost," Jordan said.

Pushing is something they do with diet as well.

"She tells us not to eat any sugar, but do we listen?" joked Hartman.

Jordan works with a nutrition researcher to keep on top of what works — not trends from magazines.

Mourton and Jordan say they practice what they preach, focusing on a healthy diet without sugars. Starting the day off with the right breakfast can stave off sugar cravings throughout the day, Jordan said.

Clients may sign up for a 100 percent weight loss guarantee with Positively Fit, but they must turn in a food journal, which is essential for the program to work.

"We know someone's been cheating if they don't bring in their diary," she said. "When they come in here, we hold them accountable."

However, rather than focusing on what the scale says, Jordan prefers to focus on fat loss, using the ultrasound as a tool to measure effectiveness. Often, when someone begins a diet, the first several pounds come off quickly because it's water loss. Staying hydrated is essential, she said.

Keeping abreast of changes is part of Jordan's job. She estimates she spends almost \$3,000 a year on training.

Jordan is a sought-after speaker and fitness trainer and has been published in books and magazines. She is the strength and conditioning coach for Notre Dame Academy and for the St. John's Jesuit High School lacrosse team. She also helps baseball and football players improve their performance.

Mourton has worked with Positively Fit since the studio opened in 2001. From 1997 to 2001, she competed in the National Sport Aerobics Championship in



Positively Fit owner Maryellen Jordan works with client Tommy Hartman while Becky Worthen walks on a treadmill in the Maumee fitness studio.



Becky Worthen lifts weights as part of a program designed just for her by Maryellen Jordan at Positively Fit in Maumee.

MIRROR PHOTO BY KAREN BERGER

the women's individual division, finishing fifth nationally in 2001.

Despite their outstanding credentials, both women easily chat with clients of all ages and fitness levels. The studio is comfortable and not intimidating, so clients

don't feel they should be in shape to get in shape.

Hartman and Worthen can attest to that. They come in several times a week, either for individual sessions, to work out on their own or attend group sessions.

"We need the Maryellen and Angie fix," Worthen laughs.

For more information about Positively Fit, call (419) 893-5105 or go to [www.bepositivelyfit.com](http://www.bepositivelyfit.com). The studio is located at 108 E. Dudley St. in Maumee.

## At Mercy Integrated Laboratories...



Care you can believe in.®

...we carry out the healing Mission of Mercy Health Partners everyday. How do we do this? Through our people and their commitment to service excellence.

Our staff of skilled phlebotomists, experienced medical technologists, and expert pathologists are all dedicated to providing a positive experience for you, and delivering accurate, timely test results to your physician. We run each laboratory test with Care.

We accept most insurance plans, including Anthem, Medical Mutual of Ohio, UHC, Frontpath, Humana, Buckeye and Medicare. Visit one of our 17 conveniently located Patient Service Sites throughout Toledo and the surrounding communities for a higher level of Care.

Mercy Integrated Laboratories provides service excellence through the laboratories of St. Anne Mercy Hospital, St. Charles Mercy Hospital and St. Vincent Mercy Medical Center. For a list locations or accepted insurance call (419) 251-8383, or visit us online at [mercyweb.org/lab](http://mercyweb.org/lab).

**Maumee:**  
119 Clinton St.  
Maumee, OH 43537  
ph # 419-893-4933

**Eastgate:**  
1850 Eastgate Rd.  
Toledo, OH 43614  
ph # 419-381-9908

**Perry Towne:**  
900 West South  
Boundary, Suite 2B  
Perrysburg, OH 43551  
ph # 419-872-3290

## Wanna Dance?

**Try Our \$95.00  
Introductory Special**

Includes 3 Private Lessons & 3 Group Lessons

Classes Begin January 14



**THE BALLROOM COMPANY**

2319 S. Detroit Ave. @ River Rd., Maumee  
419-893-1850 [www.theballroomco.com](http://www.theballroomco.com)