

# Health, Beauty & Fitness

By Rhonda L. Rivera

## Rise of the Cauliflower

**K**ale is so 2013. The "it" veggie for 2014 is cauliflower! Packed with nutrients, broccoli's cousin is going to be the ubiquitous ingredient in a wide variety of recipes this year. Low in calories, cauliflower is high in anti-inflammatory and cancer-fighting vitamin C, vitamin K, potassium, fiber and folic acid. So while delicious, it also protects your health and prevents disease.



Cauliflower can be served as a simple side dish when roasted or steamed, but its uses are virtually limitless. It is great as a soup or as an alternative to cream in a soup, made into guilt-free Alfredo sauce, either substituted for potatoes or included with them in a recipe for mashed potatoes, turned into a wheat-free version of Tabouli, and even used to lighten up macaroni and cheese. Cauliflower can even be a substitute for steak when cutting it in a

cross-section so that the florets cohere with the stem, thus offering a wide surface area for charring, sauteing or grilling. The cauliflower "steak" may be dressed with various seasonings and sauces.

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**T**his clever, new accessory is a belt—or is it? Made from a strong, yet lightweight, half-inch TPU plastic that virtually disappears when on, this fashion "fix-it" accessory is instantly slimming. Put the patent-pending isABelt through your belt loops and prevent your pants from slipping and gapping as well as eliminate belt bulge and bulk. Wearing a fashion belt over a top but still need to keep your pants in place? isABelt is the invisible answer.

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isABelt is available in both clear and black in sizes small, medium, large and plus. isABeltWIDE® has the same great features but is one inch wide, and is intended for both men and women—one size fits most. isABelt is available in Livingston at Adornments (79 South Livingston Ave.) and Kids at Heart (565 South Livingston Ave.). For more information and products, go to [www.isabelt.com](http://www.isabelt.com).

## Personal Training on a New Level: KINESIS



**T**he cutting edge workout is here, and its name is Kinesis Training. Kinesis Training takes traditional exercises (like chest press, lat pull, row) and combines them with functional movements (like reaching, squatting, bending) into a unique cable resistance exercise. By doing so, it develops balance, core/overall strength and flexibility for people of all fitness levels. Notably, cable-based equipment have been determined to produce twice the fitness results as single plane exercises, according to the Journal of Strength and Conditioning Research.

"Kinesis is the most versatile, most efficient and most scientific training program around," states Eric Murphy, NASM, CPT, PES, CES of Pearl Fitness. In order to participate in Kinesis Training, a "Kinesis Wall" is required. The Kinesis Walls that are used at Pearl Personal Training in Little Falls consist of four panels of grips, cables and weight stacks that allow the user to keep varying degrees of resistance in three-dimensional movements and multi-plane motion. An infinite amount of exercises can be achieved, customizable to meet all fitness levels. The no-impact exercises use fluid, natural movements to achieve full body involvement. It is designed for individual use, overseen by a personal trainer.

Kinesis Training is offered at Pearl Personal Training, 453 Main Street, 2nd floor, Little Falls; 973-837-8202; [www.pearlpersonaltraining.com](http://www.pearlpersonaltraining.com).

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