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SuperWomen
2006 Award Winners

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Announcing Kentuckiana Healthy Woman Magazine's

2006 SuperWomen



Here are the names of the 2006 Kentuckiana Healthy Woman Magazine SuperWoman Award Winners. Congratulations to all the award winners and thanks to all the people who sent nominations.

SuperWoman - Teacher

Katie Caswell

SuperWoman - General

Stacey Cohen

SuperWoman - Physician

Divya Cantor, M.D.

SuperWoman - Mother

Missy Wislocki

Because of the huge response to KHW's call for nominations, KHW will begin a new column called SuperWoman. A healthy SuperWoman not only lives a healthy lifestyle, which includes eating right, being active and living a healthy existence; she also engages the people around her to maximize their health. The person submitting the nomination is required to write a short essay (not over 50 words) explaining why the person deserves the award. The KHW SuperWoman column nomination form can be found at www.kentuckianahealthywoman.com. Or call 502-254-5255, so we can fax a form to you. Each SuperWoman winner will receive a \$50 Gift Certificate from Moxie - Activewear for Women™, located at 12003 Shelbyville Road.



Stacy Cohen: ROAMing Her Way to Better Health

By Sara Crutchfield

Elevated cholesterol levels can damage the heart, and in 2002 Stacy Cohen discovered her level was 205 – higher than the recommended maximum. A vibrant and focused woman, Cohen dedicated herself to lowering that number. In the process, her love of running led her to marathons and the establishment of her own running team.



Cohen describes herself as a 30-something who has been married to husband William for 12 years, and has three daughters. She is an R.N. working for Anthem; Cohen's full-time job keeps her busy from eight to five in the summertime. During the school year, however, she changes hours so she can be there when the kids get off the bus.

In addition to work and domestic obligations, Cohen is studying for an M.B.A., and her husband is running for councilman. Needless to say, she has a lot on her plate.

In past years during the Kentucky Derby Festival, Cohen watched the miniMarathon on television. Trying running for herself was always at the back of her mind, and her cholesterol reading gave her just the push she needed.

She has noticed numerous benefits from running. "Mentally and physically I feel better. I've lost weight and inches. I just have more energy," she says. She finds the intense exercise a great stress reliever.

Cohen and her husband took the first steps together and their runs became a bonding time. Their goal was to participate in a two-mile race sponsored by the YMCA, which they did on Thanksgiving Day 2002. "There's also a six-mile race," Cohen says. "But we thought it was quite an accomplishment just to do the two-mile."

Even with a demanding schedule, Cohen finds time for exercise. "Anthem has a fitness facility that includes a shower," she explains, so she can run during her lunch break. Sometimes she runs to her house after work. "I live six miles from my job, so I run home and my husband takes me back for my car."

If training for a race, Cohen runs four times a week and cross trains on Fridays, using a stationary bike. Saturdays allow for longer runs. When not training, she reduces her workouts to two or three times a week. She sees time spent running as an opportunity to ruminate. "The answers come," she says.

Fitting in exercise can be a juggling act according to Cohen. "But it can be done." She suggests being creative. "Wake up twenty minutes early or use your lunch break," she advises. "You need to be dedicated to making the commitment. It's truly a lifestyle change."

Cohen's own determination has paid off. By 2004 her cholesterol level had dropped to 161.

In 2005, Cohen established a running club called ROAM, Runners on a Mission. "We're all about physical fitness," she explains. The idea for the club came in October 2004 in the midst of training for the Chicago Marathon. "It was an inspirational message," she recalls. "The Lord said, 'you're going to start a running club.'"

The first meeting was held at Fleet Feet on Bardstown Road. Seven people attended. Today, ROAM events average a turnout of fifty. They meet every Saturday for running, walking or a combination of both. Members keep one another motivated.

The three races which comprise the Triple Crown are major events and ROAMers encourage each other as they get physically and mentally prepared. About 45 participated in the Anthem 5K in March and 30 in the next leg, the 10K Rodes City Run. "We also have representation at the mini," says Cohen. "It's very rewarding for me to see members come out and do the race, knowing it's something they've always wanted to do."

Cohen is vocal with her family and friends, coworkers and church members about the need for exercise as part of a healthy lifestyle. "I'm known as Mama ROAM," she says. News of the club's existence has spread mainly through word of mouth. "Males and females, all ages and fitness levels are welcome," Cohen says. "We are achieving fitness one step at a time."

*Sara Crutchfield is a freelance writer for *Kentuckiana Healthy Woman Magazine*. She has a B.A. in English from the University of Louisville.*