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Time to start or resume fitness programs in Warwick

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With the snow melting and the warm spring weather around the corner, this is a good time to start or resume fitness programs. Warwick offers something for all fitness enthusiasts - whether it's our many parks which feature scenic trails, such as Rocky Point, Oakland Beach and City Park to name just a few, or whether it's our gyms and wellness centers.

Over the past several months, I have participated in ribbon cutting ceremonies for new businesses which are dedicated to enhancing the well-being of our residents. While these companies are assisting us in our efforts to build a diversified, robust economy, they are also helping our residents to lead healthy lives.

In January, I joined Central Rhode Island Chamber of Commerce board chair Steve Kitchin, Central Rhode Island Chamber of Commerce CEO Lauren Slocum, city officials, business leaders and Holistic Heart Wellness Center Owner Kristen Acciari at an event highlighting the many programs and amenities offered at the center, including yoga, meditation and psychotherapy. Acciari is a licensed independent clinical social worker and a certified Pranotthan Yoga teacher. For more information, visit www.holisticheartri.com.

Last month, we also welcomed It Starts Here Fitness to Warwick, which provides individualized, customized, and one-on-one workout sessions. Founder Bradford Lane offers training sessions that are focused upon clients' needs including improving flexibility, balance, tone, strength, endurance and agility. To learn more, go to <http://ishfitness.com>.

Bald Hill Rd. continues to be a hub for economic development activity. Currently LA Fitness is remodeling an existing structure, the former location of Shaw's Supermarket, on 1500 Bald Hill Rd. The 43,890 s/f building is undergoing an interior rebuild and façade construction. This \$2.3 million, state-of-the-art facility will include a juice bar, fitness classes and babysitting service for members.

Since its inception in Southern California in 1984, LA Fitness and its highly trained staff offer a vast array of exercise programs for people of all ages. For more information, visit www.lafitness.com

These investments are further evidence of how Warwick is the City on the Move.

Scott Avedisian is the mayor of Warwick and the chairman of the RIPTA board of directors.

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