

NORTH PORT WEST VILLAGES

WEEKLY



Fitness guru coming to IslandWalk

By ELAINE ALLEN-EMRICH
SUN CORRESPONDENT

WEST VILLAGES — Jamie Brenkus doesn't believe in diets. He believes in making lifestyle changes.

"The problem with going on a diet is that you will eventually go off it," Brenkus said.

The 55-year-old fitness guru, author and designer of "8-minute Abs workout," also appeared on the syndicated talk show "Dr. Oz" in 2013 where he shared his secrets on how to achieve a flat belly.

Brenkus is coming to North Port. He's reaching out to the IslandWalk community to teach them his motivational program.

"I've been doing this for 28 years and had the pleasure of helping millions of people stay healthy and strong and I only know how to do it," Brenkus said.

Even the message on his answering machine says that he's "out getting the country in great shape."

In February, Brenkus visited the community for a lean lifestyle event. Because of the response, he will be returning in August.

At 55, with only 10 percent body fat, Brenkus understands the struggles of maintaining physical fitness as you age.

"Ideally, most people that are baby boomers want to live longer, look younger and be healthier," he said.

"Unfortunately the same amount of calories that you take in today at 55 don't yield the same response to your body that you were when you're 25."

Brenkus also understands people who have hectic lives are sometimes confused by the options on the market from fad diets to weight-loss pills.

Abiding by the rule that living a healthy lifestyle is 80 percent nutrition and 20 percent fitness, Brenkus developed a program which focuses on learning



PHOTOS PROVIDED

Fitness guru Jamie Brenkus visited IslandWalk community for a healthy cooking class in February. Brenkus will be revisiting the community for another series of Lean Living events in August.



Fitness guru Jamie Brenkus prepares for a healthy cooking class at IslandWalk community in February. Brenkus will be revisiting the community for another series of Lean Living events in August.



Lisa Dubeansky from Hosted Gourmet partners with Jamie Brenkus for a healthy cooking class at IslandWalk community in February.

easy-to-follow, proper eating habits without disrupting people's lives.

"Your fork and spoon are your best pieces of fitness equipment," Brenkus said. "We can do a lot of damage with those weapons of mass expansion."

When asked what piece

of advice he'd like people to take away, it's simple.

"What you eat in private, you eventually wear in public," he said.

Brenkus will share his secrets to success as well as other topics from portion-control, metabolism, developing healthy habits and how to lose a

FREE EVENT FOR ISLANDWALK RESIDENTS

At 9 a.m. on Aug. 22 is a powerwalk followed by a Lean Living seminar at 2 p.m. At 2 p.m. on Aug. 23 is a healthy cooking class with Jamie Brenkus and Lisa Dubeansky from Hosted Gourmet. Cost \$10. For more information, call 941-493-2302

part size in a month.

The three-day event will begin with a powerwalk on Aug. 22 followed by

a lean living seminar.

Then Brenkus will partner with Lisa Dubeansky from Hosted Gourmet

on Aug. 23 for a healthy cooking class. The event is offered to residents of IslandWalk.

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