

18 | metro
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BODY & SOUL

Body smarts

Philadelphia lifestyle center expands its services

INTERVIEW We all know a gym's focus is on the body. But for those who want to also pay attention to their mind and spirit, the recently revamped Body IQ Lifestyle Center might be just what the holistic doctor ordered. Body IQ was Philly's first mind-body exercise studio and now has expanded into the Medical Arts Building. It offers a full range of programs for exercising and developing a deeper connection between mind and body. Metro talked to founder Janine Galati on what's new at Body IQ.



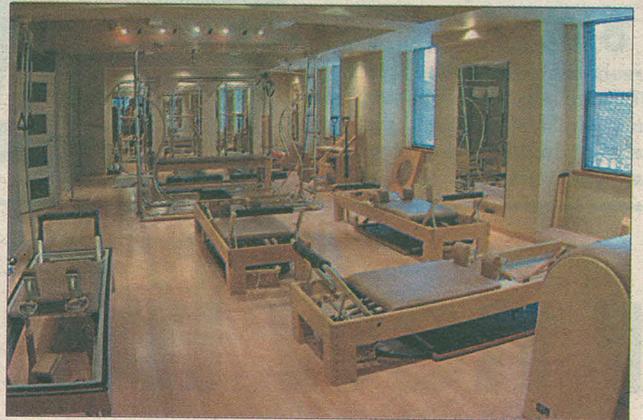
THE WOMEN'S BATHROOM is not your average locker room. It has many added touches so you can "luxuriate."

Online

- To learn more about Body IQ, go to www.bodyiq.net or e-mail at info@bodyiq.net.

► How is the expanded Body IQ different from your old location?

I think the addition of cardio machines and nutrients is the finalizing aspect of my idea for Body IQ. I didn't have a cardio area in my old studio. That really helps. Now my costumers get a chance to warm up their core body temperature so



BODY IQ offers classes such as pilates, yoga and body sculpting.

it's easier to stretch them out for pilates, yoga or any of our classes. And they have a full range of nutritional supplements to choose from to aid in their health routine.

► Why not just go to the gym? They have yoga and pilates there, too.

This facility has the appeal of an exercise spa. We want to have an environment that engages people and helps them get comfortable. They feel at home here and feel relaxed.

► Explain a little about your program Wake-Up Call, which is new for Body IQ.

Wake-up Call is our service for our clients to understand their body and develop goals for themselves. It's a total mind-body-fitness evaluation. We do a cardiac assess-

ment: sub-maximal stress test, monitor blood pressure, body fat measure, balance and other things so we can develop the best program for you and track your changes.

► How does Body IQ fit in with today's professionals and their health needs?

Everything is smarter now. We are smarter movers, smarter eaters and smarter health-wise. With Body IQ, we wanted to create kind of for the body what IQ is to the mind. Our services are formed around people developing better health habits and more body awareness to help with stress. Some people are so stressed they don't know they're stressed.



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