

# WEEKEND



# WARRIOR

## Exercise is good not just for the body, but for

the soul as well. Just ask the nuns of St. Gregory's in Bellerose, L.I., who have been working with fitness trainer and author Debbie E. Mandel ("Turn on Your Inner Light: Fitness for Body, Mind and Soul") for the past year. "They are people who have a sedentary lifestyle and have not traditionally embraced the body," says Mandel, whose students

have nicknamed her "Mother Shapiro." "I wanted to show them that exercise was

a way to reduce stress and to take the hyphen out of mind-body." A popular

**work  
in**

exercise among the sisters is to stand back to back with a partner and pass

a medicine ball from

side to side. This targets

the obliques and the

arms. Another is partnered

squats: Face each other and hold

hands. "This enables them to go

lower," she says. Throughout the ses-

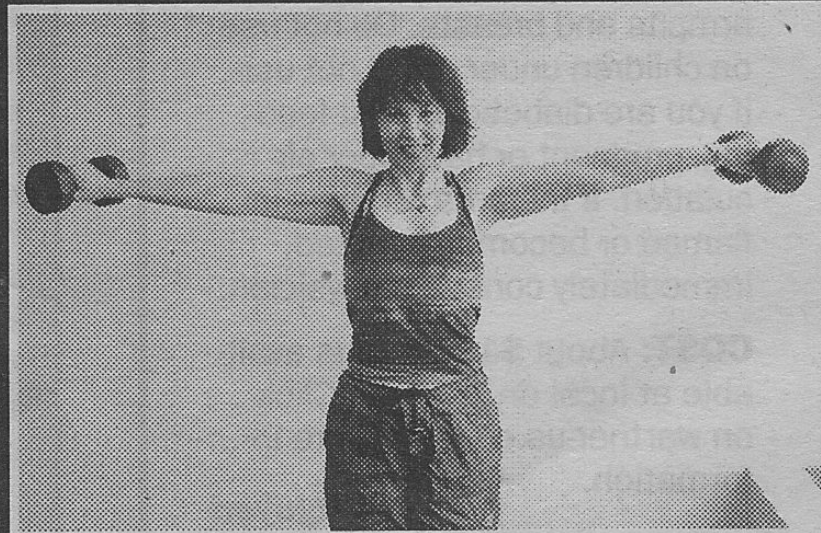
sion, Mandel encourages them with

sayings like "From adversity we rise."

Focusing on your health improves

self-esteem and gives you the tools

to empower yourself, she adds.



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