

7 Spectacular City Specialists Who Make Life Easier

Naperville Living... At a Glance
Glancer
M A G A Z I N E

Fixing Life

HEALTH ■ HOME ■ HAPPINESS

BIG STORY

Living Green Can
Make a Difference

\$2.95 Sept '09 The Naperville Glancer



September 2009
Vol. 8 / Issue 45
Glancer Magazine - Naperville
Subscribe Online at
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SWIRL AROUND TOWN



Spotlight

THE HOTTEST FITNESS CRAZE

TEASE DANCE & FITNESS A FUN AND EFFECTIVE WORKOUT

Be Confident. Be Sexy. Be Strong. That is the motto that Kristin Hubbard, owner of Tease Dance and Fitness, has built her studio around. Five years ago, as a personal trainer with a classical dance background, Kristin had the opportunity to try fitness pole dancing and it was love at first spin. Soon after, she opened Tease Dance and Fitness in Naperville. Since opening in 2006, the studio has had over 1,000 women walk through its doors only to walk out more confident, more toned, and a heck of a lot sexier!

Tease Dance & Fitness encourages every student to fall in love with the beauty of her body, mind and spirit both as she is in the moment, and as she strives to meet her full potential as a healthy, sensual, fit woman.

Tease Dance & Fitness offers women a much needed haven to have a little "me time". Students will experience a challenging workout that feels much more like play and will enjoy working out in a romantic candlelit atmosphere. Students will also see a significant change in their confidence level and become part of a community of women who share the same passions.

All classes are small (under 8 women) and run 90 minutes long. They include meditation, the signature workout, strength and technique training and of course pole dancing! Tease has also added Turbo Kick and the Nia Technique to its fall schedule.

"When a student begins to let go of her inhibitions, and embraces her unique feminine power it's a sight to behold," said Kristin. "Just getting down to the basics of being a woman and enjoying how your body can move is a life-changing experience." Classes begin September 13th. For more information on Tease Dance & Fitness, call (630) 901-9697 or visit www.teasedanceandfitness.com. -Megan Baumgartner

Kristin Hubbard is pictured above working out & posing beautifully.



Lifestyle Tips

EXPERTS EDUCATE ON BIG TOPICS

HOT TOPICS AND LOCAL EXPERT TIPS

HAIR LOSS IN WOMEN Over 20 Million women in the USA suffer from hair loss and yet the topic is still far less openly discussed than male hair loss. Head Cosmetologist of Freestyled Hair Inc., a Chicago-based company that creates custom hair replacement systems, Susan Miller, has been without hair since age 18. She explains that women's hair can thin for a variety of reasons but that in many cases the causes are diagnosable and treatable, making it particularly important that women discuss hair loss and hair loss treatments with their doctors. Miller explains that some common hair loss factors are low iron levels, thyroid disorders, low estrogen levels, post-pregnancy hormonal changes, telogen effluvium (or hair loss as a result of recent stress or surgery), medications and high levels of vitamin A or selenium. www.FreestyledHair.com

AVOIDING COMMON CHEMICALS THAT CAUSE INFERTILITY According to the Environmental Working Group, more than 82,000 chemicals have been registered in the United States to be used as product components ranging from pesticides, plastics, detergents and cosmetics. While most of these chemicals were not part of everyday products 50 years ago, today, they can easily be measured in drinking water (including bottled water), soil, food, air quality and even in our tissues and blood stream. ChicagoHealers.com Practitioner Dr. Ian Wahl, DaC, believes that the chemicals that consume most of what we eat, breathe, touch, etc. can be a reason for infertility. He suggests women first and foremost go organic to avoid the harmful chemicals in non-organic products. www.ChicagoHealers.com

Partner in Values

DUPAGE COUNTY NONPROFIT SEEKS TO HELP TEENAGERS MAKE BETTER CHOICES

The list of parent fears just got a little longer. A recent national study indicated that one in five teenage girls has electronically sent or posted online semi-nude or nude photo images of themselves. The term for this recent teen phenomenon? Sexting - a combination of the words sex and text. It's within this cultural climate that most parents are worried that their teenager will make a bad choice that will last a lifetime.

Thanks to a DuPage County nonprofit that works in middle schools and high schools, parents now have a partner in raising teens to make healthy choices. The mission of Amplify Youth Development is to help middle school and high school students make good decisions for a brighter, healthier future. Says Andrea Nelson, director of programming at Amplify, "Healthy" means physically as well as mentally healthy. We teach students to develop healthy relationships that will shape the rest of their lives."

Located in Downers Grove, Amplify Youth Development serves more than 30 public and private middle schools and high schools in DuPage County. In addition, the organization offers educational presentations through area community groups.

Amplify Youth Development provides workshops and materials to help parents communicate their values about sex to their children. "One positive choice can lead to a ripple effect of positive outcomes," says Nelson. "We want parents to encourage their students to amplify their futures-to make healthy decisions now." The curriculum of Amplify Youth Development urges students to go to their parents for information and to talk about the issues that arise in class presentations.

Nelson describes the work of Amplify Youth Development as "health education meets character education."

Parents will still worry, but it's comforting to know that your values are being supported somewhere outside your home. Get more information, sign up for the parent newsletter, or schedule an Amplify workshop for your school or adult community group at www.amplifyyouthdevelopment.com or call (630) 493-1523.