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Tracy Nucera  
Director, Aesthetics

Kate Golden  
Executive Director

Want to learn more? Checkout the Featured Article on The Well Lounge in **THIS issue** of Newtown City Lifestyle. →

# Health & Wellness Guidance

For many of us, this time of year is full of excitement because it presents us with a reset, new horizons and goals to pursue, especially when it comes to our health.

We planned this edition from a mindset of not supplying quick fixes for fitness by checking boxes for the short term but by valuing what's sustainable over the long run. We wanted to provide inspiration for making lasting, realistic, long-term improvements to everyone's physical, emotional and mental health. So, we approached this month by developing a guide, of sorts, for local fitness and wellness services. We hope this guidance is helpful as you select or adjust your exercise, training, cosmetic and health routines for 2024.



Additionally, *Newtown City Lifestyle* is hosting a customized women's wellness event Feb. 1 to be held at barre3's new location from 7-9 p.m. The complimentary attendance event is being held in collaboration with health experts as speakers: Victoria Petty, M.D.; Jennifer Perna, P.T., D.P.T., O.C.S.; Jennifer Smith Grozalis, D.C.; and Kelly Jones, M.S., R.D., C.S.S.D., L.D.N. Medical and wellness topics to be addressed include age-associated nutrition, gynecological and hormonal questions, swifter recovery from conditions and injuries, and physiological components of female wellness. Healthy food options and vendors also are slated to be available at the event.

Shoutout to the team at 4Ever Young Vitality Center in Newtown, whose recent business bash included charismatic Jennifer Aydin, from Bravo's hit series *The Real Housewives of New Jersey*. The event was filled with energy, fun, optimism and a variety of health options details.

Here's to you all! We're rooting for you and everyone's good health.

DANA WEISSENBERG, PUBLISHER  
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# NEWTOWN

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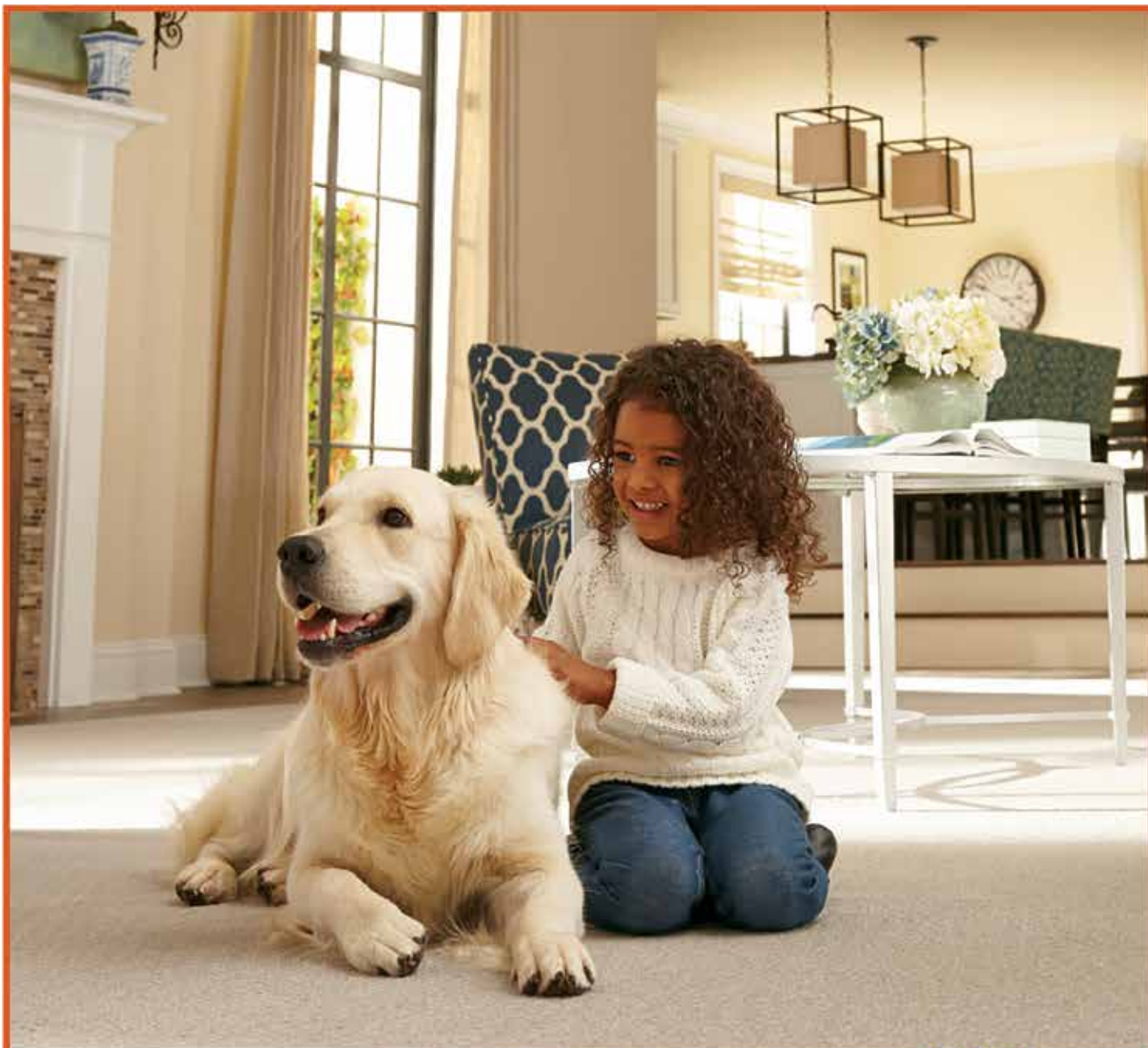
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## On the Cover

Inspiring, full-body workout classes that promote both wellness and volumes of overall positivity are available with barre3 motivational and certified instructors at their newer location of 43 Summit Square Center, Ste. 103.

Photography:  
Devon Sajeski

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1786 Wrightstown Rd	\$995,000	3	2 1/2	6	\$1,256,000	126%
372 Stoopville Rd	\$1,200,000	5	3 2	33	\$1,160,000	97%
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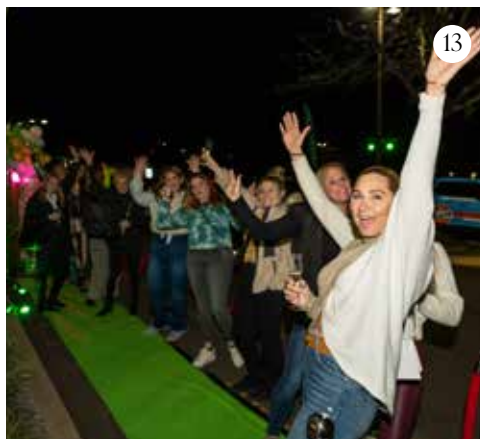
# city scene

WHERE NEIGHBORS CAN SEE AND BE SEEN



1-14: 4Ever Young Anti-Aging Solutions in Newtown held a grand opening bash as a fundraiser for Slaying Sarcoma (cancer). Newtown City Lifestyle was among the 24 event sponsors with special guest and television personality Jennifer Aydin, of The Real Housewives of Jersey.

*Photography by Brittany Breen*



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# business *monthly*

A ROUNDUP OF NEWS FROM LOCAL BUSINESSES



Photography by Lynn Goodwin

## Gilded Home New Operation Welcomed By Newtown Business Association Members

Gilded Home, a home furnishings consignment store, opened at 24 Summit Square Center in Langhorne. Kirk and Sandy Williamson, co-owners of Gilded Home, live in Newtown. After 35 years in financial services, Kirk recently retired. Between them, the Williamsons have decades of experience buying and selling home furnishings. Call them at 917.623.0030 or visit [Gilded-Home.com](http://Gilded-Home.com) for additional details regarding becoming a potential consignor for gently used furniture, art, lighting and decor.



*Scan to read more*



Photography by Jeff Robinson

## The Difference At Synergy Rehabilitation and Chiropractic, LLC

Sports Chiropractor Dr. Jen Grozalis specializes in soft tissue therapy, and has treated patients and athletes in Newtown for 23 years. She says what makes her practice unique is she focuses on the muscles, fascia, tendons and ligaments, instead of just adjusting spines. She adds, "The techniques we apply have been used to treat professional athletes, and can actually fix problems instead of just masking them. Each treatment plan is tailored to the individual."



*Scan to read more*



Photography by Brittany Breen

## 4EverYoung Newtown Celebrates First Year Business Anniversary

Kelly Vliet Harrison and Bill Harrison, franchise partners of 4Ever Young Anti-Aging Solutions in Newtown and New Hope residents, recently celebrated the business' one-year anniversary. Located at 2123 S. Eagle Road, Store No. 16, this vitality center medical team offers the latest aesthetic and wellness treatments to help others feel and look their best. They provide a personalized, perfectly tailored approach to each patient's health. They say health is about being proactive, rather than reactive.



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# BARRE3 CONTINUES MAKING *fitness fun*



*"What sets us apart is our focus on mindfulness in the way we teach classes, the way they're choreographed, how we speak to movements and connect our clients."*



*"Our goal is to create new relationships with fitness where it's something people enjoy and keeps them becoming the most healthy version of themselves."*

IMPROVE ONESELF WHILE HAVING GOOD TIMES

ARTICLE BY JOHN FIDUCCIA | PHOTOGRAPHY BY DEVON SAJESKI



Lauren Ziel, owner and operator of barre3 studio, loves what she does. Since her first interaction in 2012 with the 'barre' workout, which focuses on strength, cardio and mindfulness, she says she wanted to turn her love for the workout style into a business. Fast-forward to 2023, where she's celebrating 10 years of helping clients become the best version of themselves.

It started with Lauren seeking a new workout and a friend introduced her to the "barre" style, with the closest studio being in the city. "I was immediately hooked, but needed to find a way to reel it in closer to home. Browsing online, I discovered Barre3.com, a company that in the early days of the Internet was offering classes online," she recalls.

barre3, a fast-growing franchise of workout studios, has its headquarters and original studio positioned in Portland, Oregon, quite a distance from Newtown. Lauren coincidentally has family there, and while visiting was able to see barre3 live in person while taking an in-studio class. Seeing was believing, and Lauren, though having no experience as a fitness instructor, returned to Pennsylvania determined to bring barre3 to Bucks County.

"There's nothing like this back at home," remembers Lauren, who quickly became the owner of a barre3 franchise, the first in the local area.

Business took off right out-of-the-gate with the offering of a unique workout that's both fun and goal-oriented. Within a year, Lauren invested in a second location in Doylestown. She operated both sites for four years until she sold the Doylestown location in 2018 to one of her instructors, allowing her to focus on her true love: teaching classes.

"I can sell something if I truly believe in my heart of hearts that I love it," says Lauren, who is integral to the day-to-day operations of her studio. Once clients grasp the concept of barre3, which Lauren best describes as "a blend of strength, cardio and mindfulness," then the rest is easy.

CONTINUED >

*“The only thing that never changes at barre3 is that we’re changing.”*

Many of Lauren’s clients, which she refers to as “OGs,” have been around since the Newtown studio first opened in 2013.

barre3 is a well-thought-out workout program aimed at getting clients stronger and fitter. It’s a community where the clients and instructors have fun, and build relationships while working on creating “a better version of themselves,” says Lauren. The class offerings continue to evolve and push clients so stay motivated and challenged and they don’t plateau.

Along those lines, two new class formats recently were added to the barre3 curriculum. ‘b3 Strength,’ which is traditional weight training, but choreographed to music, helps clients build up muscle. ‘b3 Cardio,’ also set to music, is designed to build cardiovascular endurance. Each of these workouts can be custom-modified to fit any client’s desirable level.

The Newtown studio, currently located at 43 Summit Square Center, has two rooms to accommodate simultaneous classes. This keeps the studio buzzing and can best be described as “energetic” where a mix of new students, along

with the OGs, improve themselves with an interesting dynamic. Lauren says clients find the classes “fun and not a chore, and they look forward to working out.”

Lauren is proud many instructors have been around since the beginning and were able to celebrate the 10th anniversary. This includes the first instructor she hired, whose relationship with Lauren goes back to high school. Many people indicate that the fact that Lauren can maintain instructors and clients speaks volumes about the quality of workouts and culture offered at barre3.

There are different types of fitness payment plans, including new client packs for those not ready to commit but who want to see what the studio is all about. There’s also an unlimited subscription which includes all classes, access to the online on-demand library, and use of the “play lounge,” a childcare perk that not many facilities offer. For those looking to give it a try, the first class is free.

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[barre3.com/Studio-locations/Newtown](http://barre3.com/Studio-locations/Newtown)

**- OWNER/OPERATOR LAUREN ZIEL**



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David Bovenizer with coach Marissa Reaves. David says, "The work I'm doing here is changing my life for the better."

Helping clients get wellness results that matter most to them with just two, 20-minute, right-intensity training sessions per week is the mission of The Exercise Coach team at 1717 Newtown Langhorne Road, Ste. #202. Jamison residents Pat and Julie Cappucci opened this local Exercise Coach studio a year ago to work with clients from Newtown, Langhorne, Yardley, Southampton, Holland, Richboro, Morrisville, Newtown Grant, Churchville, Wrightstown and Upper Makefield.

One customer and Newtown resident David Bovenizer says he started working with The Exercise Coach trainers because he had reached a point in his health journey of needing a safe catalyst to fire up a full body transformation. "Coming from a former three-letter varsity high school athlete who went through two lower back surgeries and a muscular dystrophy diagnosis, all while focusing on building a growing business, I'd landed at my worst health state. I was dramatically overweight with associated detrimental health metrics," David explains.

The Exercise Coach's approach to strength training with specialized equipment produces a competitive mindset, David observes. "Every session I strive for a personal best. Within weeks, I noticed dramatically improved flexibility, improved walking gait, and most importantly the feeling of confidence that I could improve my strength and lift myself out of my downward spiral."

He adds, "The equipment is fantastic and makes you work constantly, through a specific range of motion. I love the team and consider them my angels in support of my health mission."

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ARTICLE BY JULIE BROWN PATTON

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THE WELL LOUNGE'S EXPANDED SERVICES PROVIDE 360 WELLNESS FOR  
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*Personalized health care regimens are becoming increasingly prevalent through specialized technology and data use.*



# BIOHACKING FOR REJUVENATION

Biohacking is one of the most popular current forms of human enhancement, in which people change aspects of their biology to improve their health, performance, brain function or overall

inner wellness and outer beauty to promote healthy lifestyles, positive body image and self-confidence.

Recently joining The Well Lounge staff is Meg Zakarewicz, D.O., a double

## CONSULT WITH DOCTOR MEG, NEW WEIGHT MANAGEMENT EXPERT AT THE WELL LOUNGE.

well-being. Coinciding with this new year, Newtown-based health experts at The Well Lounge medical spa are expanding part of The Well to embrace and offer new, state-of-the-art biohacking services.

Some types of biohacking have been applied for years, such as intermittent fasting or customized diets. Other modern examples of lifestyle biohacking are breathwork, meditation, whole-body exercise, sleep tracking, cold exposure and heat therapy.

Biohacking trends for 2024 indicate the direction is all about maximizing energy, anti-aging, nutrition, brain prowess, mobility and physical health. This medical spa's members will be among the first who can inquire about how best to fit these new Well Lounge offerings into their lives.

Led by Co-Founder and Director of Aesthetics Tracy Nucera, B.S.N., R.N.; Co-Founder and Executive Director Kate Golden, M.S.H.R., P.H.R., and Board-Certified Physician Seth Althoff, M.D., The Well Lounge medical spa offers integrated wellness solutions combining

board-certified physician who practiced family medicine for a decade-plus before shifting her focus to weight management in 2019. The four pillars of her medical weight management program, which are nutrition, physical activity, mindset and medication, perfectly complement the spa's medical, wellness and aesthetics offerings.

"Biohacking draws key benefits from fields such as biology, genetics, neuroscience and nutrition to achieve specific health outcomes," explains Kate. "Our spa also provides a variety of skin and body treatments to look and feel great, and a comprehensive medicine program focusing on lifestyle and prevention to help individuals lead healthier lives."

She says the team is especially enthused about offering an innovative, time-saving Ammortal Chamber during which participants can receive multiple therapies blended during the same 11- to 45-minute session in the forms of red light, vibration, sound, an electrical field, meditation, molecular hydrogen and mindful breathing.

CONTINUED >



Tracy Nucera,  
B.S.N., R.N.



Kate Golden, The Well  
Lounge executive director

The spa also now offers a cryotherapy chamber that can be added to other services, as well as calming human-touch massage chairs to combat fatigue.

### **LEVERAGE CONCIERGE MEDICINE AND MEDICAL WEIGHT MANAGEMENT**

Led by Dr. Seth, concierge medicine provides proactive medical care focused on prevention, lifestyle and greater access to care, including in-depth consultations; regular physician access; health coach for accountability, support and care coordination; and full access to the adjacent Newtown Athletic Club.

Dr. Seth says, "By taking a comprehensive look at patients' biopsychosocial medical histories, we personalize comprehensive plans to help them reach their goals. We also help patients improve recovery from injuries, stress management and various types of medical conditions."

Additionally, Dr. Meg's medical weight management program focuses on nutrition, physical activity, mindset and medication to help patients understand meaningful lifestyle changes toward improved health, sustainable weight loss and overall wellness. "Food and nutrition impact the whole person, that's why it's vital to think about holistic approaches to everyday choices," she reminds.

### **ACHIEVE REFRESHING FACIAL, SKIN CARE**

Guided by Tracy's industry knowledge, experience and state-of-the-art facial imaging system VISIA skin analysis, each patient receives individualized skin care plans. Treatments range from medical-grade facials to wrinkle relaxers, collagen and dermal fillers, Morpheus8 and other laser facial treatments. Additionally, VIP Botox Parties enable patients to undergo treatments with their best friends at special group rates and all-day NAC access for trying their favorite workout classes.

# CHECK OUT THE WELL LOUNGE'S IMPRESSIVE EXPANDED SERVICES AND EQUIPMENT FOR 2024.

## SECURE BEAUTIFYING BODY TREATMENTS

Body treatments, also led by Tracy, include laser treatments to permanently and gently remove body or facial hair using advanced broadband light. Body sculpting provides non-invasive alternatives for body contouring. Emsculpt Neo reduces fat and builds muscle using radiofrequency energy and high-intensity electromagnetic stimulation. The injectable Sculptra BBL can enhance facial collagen production for more youthful looks or to sculpt fuller backsides.

"Everybody deserves to feel beautiful. And we're here to help build confidence from the inside out with a total 360 experience," Tracy emphasizes.



Meg Zakarewicz, D.O. /  
Photo by Marie Schrier



Seth Althoff, M.D., (on right)

BUSINESS INFO  
[TheWellNewtown.com](http://TheWellNewtown.com)



# Want A Fitness Experience?

Studio LIT Team Promises Immersive Mind, Body, Strength Infrared Regimen

Get strong, get blissed, get lit for the new year at the "first and only infrared hot yoga and fitness studio" in Bucks County, invites Jennifer Abraham, owner of Studio LIT in Newtown.

"We provide a one of a kind studio experience in a dimly lit, feel-good atmosphere with boutique services, unique class offerings and incredible instructors," she promises.

When stepping into Studio LIT, therapeutic heat from the infrared heating system detoxifies, de-stresses, strengthens and rejuvenates the body and mind, reminds Jennifer. Studio LIT still offers a variety of health and fitness classes in the



ARTICLE BY JULIE BROWN PATTON



## Studio LIT

infrared heat incorporating yoga, weight resistance training and rebounding. "With the proper heat, our classes will increase the intensity and results while also providing seven times the amount of detoxification," she explains.

She says motivating instructors lead immersive experiences during which participants can halt noise from the outside world and focus on the present moment to reach their health and fitness goals.

Specific classes include yoga, core-building Pilates, HIIT, jump fit (rebounding), strength and conditioning, barre, meditation, Kundalini, 26+2 (Bikram), Reiki; and power yoga teacher trainings.

Some of the added health benefits of exercise associated with infrared heat/light that Jennifer spotlights include extended calorie burn; increased flexibility and circulation; glowing skin; increased muscle recovery and muscle mass preservation; increased flow of lymph fluid; reduced pain and inflammation; assistance in detoxification and digestion; and increased weight loss.

With Valentine's Day approaching, Jennifer confirms they offer gift cards in amounts of \$25-\$150.

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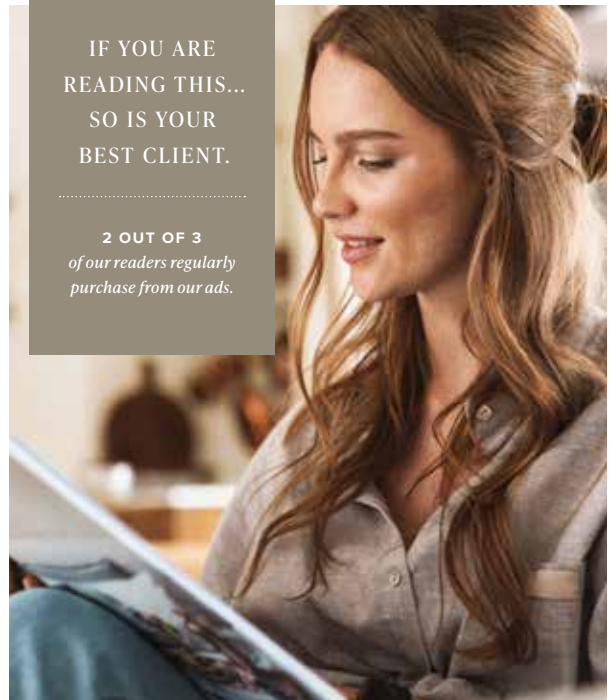


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# STAYING POSITIVE WITH PARKINSON'S DISEASE

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PRACTICE MINDFULNESS, STAY IN  
THE MOMENT, TAKE LIFE DAY-BY-  
DAY VIA NEWTOWN HEALTH AND  
WELLNESS AND PILATES

ARTICLE BY JULIE BROWN PATTON  
PHOTOGRAPHY BY BRIAN WAGNER

Ultra-inspiring Newtown resident Kevin Peyton, 57, has been dealing with Parkinson's disease since he was 26 years old. He's also been dealing with how best to look on the bright side of life, an approach that includes working with Ilene Morris White, owner of Newtown Health and Wellness and Pilates. Together, the two carve out Kevin's physical path, fueled by Pilates exercises and mind-body conditioning at the fully equipped wellness center that Ilene operates.

Parkinson's disease is a brain disorder of the central nervous system that affects movement, often including tremors.

Kevin was diagnosed with Parkinson's disease in 1992. Prior, he earned a bachelor's degree in mathematics at The Catholic University of America. For 13 years, he worked as an advanced system engineer at Electronic Data Systems. He says although the debilitating condition forced him to stop working in 2002, he tried his best to stay positive. "To maintain an upbeat attitude, and to help others, I decided to write a book, with my wife's help."

The book is titled: *Thumbs Up! Staying Positive with Parkinson's Disease*. It was published Dec. 2, 2011, by Create Space publishing, and is available locally for purchase at Newtown Health and Wellness and Pilates Center, as well as on Amazon.com.

"As it turned out, I really feel the book is helpful to anyone who is dealing with difficult issues, medical and otherwise. I have read my book many times myself, and I come away from it focused on what's really important to me. Many others have said the same. The book is only 114 pages long and is an easy read, but I think it contains a good message," Kevin explains.

During July 2008, Kevin had a 10-hour operation to help alleviate some of the tremors and dyskinesias (involuntary, erratic, writhing movements of the face, arms, legs or trunk) he experienced from the disease. He says that the operation helped, but there are many other issues and symptoms related to the disease.

"The title of the book came from the picture on its front cover that my wife, Annie, took about

an hour after the surgery that shows me with my thumbs up to tell my two sons that I was conscious and OK after the operation," Kevin says.

Kevin says he feels fortunate to have found a dedicated, health care practitioner/coach/advocate in Ilene.

Ilene has 25-plus years of experience in personal training, Pilates and therapeutic rehabilitation. She graduated from Temple University with a degree in exercise physiology. She is Polestar rehab-trained in Pilates and a PMA-NCPT (nationally certified comprehensively Pilates Professional). She's licensed in Pilates for neurological issues (a Pilates-based method taught by The Neuro Studio), such as Multiple sclerosis, Parkinson's, stroke patients and brain injuries. She's also a licensed Buff Bones instructor for those with osteoporosis/prevention.

"Over the years, Kevin and I worked on moving through full range of motion, because with Parkinson's, rigidity happens due to lack of dopamine, which is a neurotransmitter that affects smooth movement," Ilene explains. "If you're not moving through full ROM, you'll get weaker. Neurological weakness will lead to spasticity."

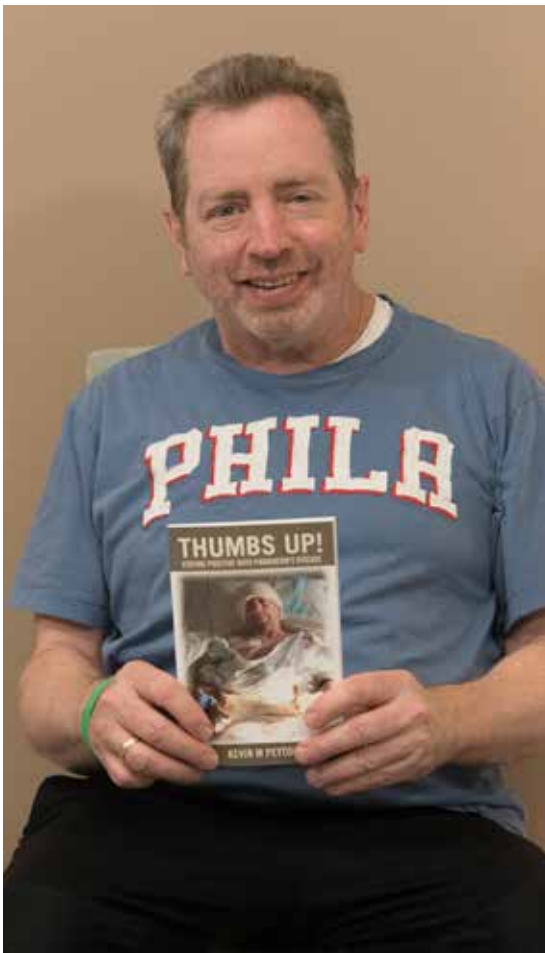
She says Kevin also works on balance and gait abnormalities.

"We challenge the brain's neuroplasticity by learning new movement patterns and creating new neuromuscular pathways. Having fun 'gamification' is important, such as exercises using lights to challenge how quickly the brain can respond. Teaching functional exercises improves strength and provides improvements to assist gait and balance," Ilene confirms.

Pilates for Neuro adapts traditional Pilates movements with functional neurological exercises that stimulate the PNS and ANS nervous systems, Ilene explains, using the Neuro Studio's system of joint centration, reflexive stability and other tried-and-true techniques aimed to optimize the body's posture, movement, vision and balance by finetuning the brain/body connection on a neurological level.

Kevin currently works with others in class settings at the studio, because he says he enjoys being part of a group.

CONTINUED >



"He keeps up with everyone since he's always been active. He recently was diagnosed with dementia, so we went back to adding gamification exercises again," Ilene adds.

Always a Kevin fan and supporter for the past 25 years, Ilene says Kevin has been eternally positive. "He's up for anything. He always works hard, and has never stopped moving. He approaches it like he doesn't have a neurological condition."

Ilene adds that Kevin never feels sorry for himself. "His drive and determination is something to be admired. He makes me a better person, and lives life with such zest. Do not ever tell Kevin he can't do something, he will surprise you."

In October, Ilene announced that her evolving wellness center was complete, with the addition of Dr. Debra Gorman joining the team of caring healthcare practitioners of Dr. Kimberly Yeager-Rose and Dr. Loredana Marzullo Shapson. Dr. Debra, DAOM, LOM, LAc, Diplom, CFMP, is a doctor of acupuncture and Chinese medicine who specializes in pain management and gastrointestinal issues. She's a gifted acupuncturist and intuitive massage therapist who offers other modalities as well like cupping, adds Ilene.

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# POWER POSES

*5 Yoga Poses to Boost Your  
Confidence and Self-esteem*

ARTICLE BY CAITLIN AGNEW  
PHOTOGRAPHY BY LIFE N LIGHT

Brett Larkin, is the founder of Uplifted Yoga and teaches yoga designed to ignite a personal transformation. Her award-winning YouTube channel has over 500,000 subscribers. A trailblazer in the online yoga space, she started certifying yoga teachers virtually through her online yoga school in 2015. Brett shares five power poses to incorporate into your practice for a confident and powerful new year.

*For more info about Brett and her online training options for all levels, go to [BrettLarkin.com](http://BrettLarkin.com).*

**Low Lunge (Parsva Anjaneyasana)**  
Stand taller and open your side body in this low lunge variation.





**Bridge Pose (Setu Bandha Sarvangasana)**

Project radiance up and out from your heart while strengthening your back body.

CONTINUED >

**Camel Pose (Ustrasana)**

Open your heart for increased confidence and counteract “text neck” while you’re at it.

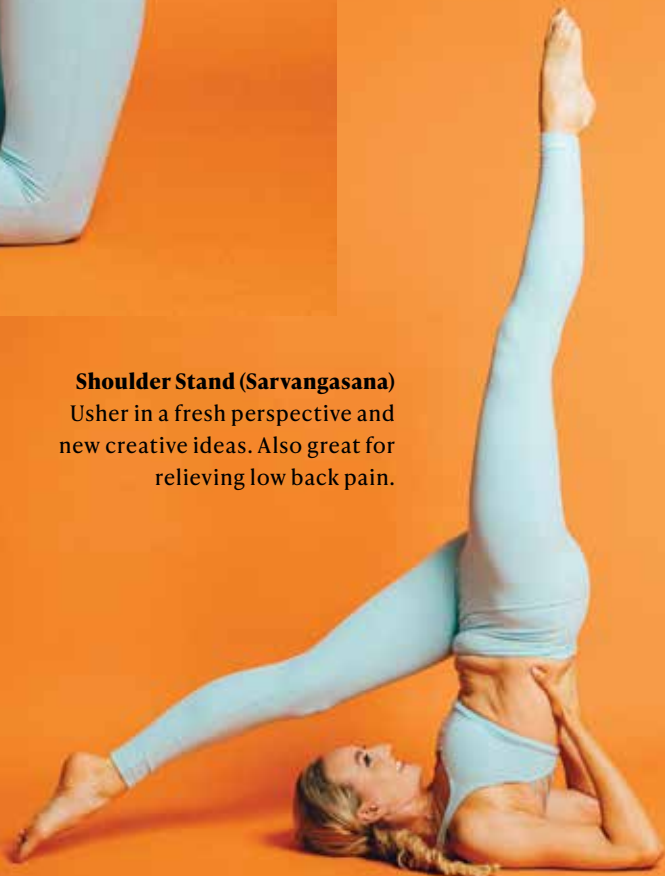


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Confidence is all about feeling good in your own skin, and practicing yoga makes you more aware of your body. You are tuning into your breath, your feelings, and your true vision. Physically it strengthens you. Mentally it helps you focus. With improved posture, you stand taller; and with a clear mind you are more prepared and confident to take on what comes your way.

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JANUARY 2024

# events

A ROUNDUP OF NEWS  
FROM LOCAL BUSINESSES

JANUARY 1ST - 6TH

## Traversing The 10 Crucial Day

*Washington Crossing Historic Park /  
9:00 AM*

This bus tour begins/ends at Washington Crossing. Guests spend the day retracing the Dec. 25 crossing of the Delaware and the Dec. 26, 1776, through Jan. 3, 1777, American and British military engagements at Trenton, Princeton and areas in-between. Historical interpreters Roger Williams and Larry Kidder tell remarkable stories that breathed crucial new life into the apparently expiring American Revolution.

JANUARY 1ST - 8TH

## Holiday Light Show

*Shady Brook Farm / 5:00 PM*

Head to 931 Stony Hill Road in Yardley for razzle-dazzle featuring three million lights illuminating acres of farmland. Drive through in the comfort of a car or enjoy the show on an open-air wagon ride. Visit Santa in Santa's Village, cook s'mores at a toasty campfire, shop for holiday gifts and décor, and take a walk through Candy Cane Lane.

JANUARY 13TH

## Puppy Pals Live

*The Newtown Theatre / 3:00 PM*

After winning America's hearts on NBC's *America's Got Talent*, Puppy Pals Live comes to Newtown Theatre. This is an action-packed, family-friendly show featuring adopted and rescued dogs performing spectacular stunts and breathtaking feats. The pooches show everyone who is really the boss. Full of surprises and laugh-out-loud canine comedy, this show is designed to appeal to children of all ages.

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