

## FIRST PERSON

# Health and Wellness Is Her Game

Risa Olinsky, M.A., CEO and founder of Classic Fitness & Wellness in Maplewood

**F**or more than 25 years, personal trainer and wellness coach Risa Olinsky has worked with celebrities, executives and people of all ages and from all walks of life. The Maplewood resident is a speaker for community events, business retreats, conventions and fundraisers. She also conducts workshops on health and fitness, and is working on a book about women and their ongoing efforts to be the best they can be with what they have and who they are.

### REASONABLE WOMAN

I say to my clients, do not stress out, set reasonable goals. And I do the exact same thing with myself. My home gym is simple, not fancy. I like the freedom of free weights, because anyone can do it anywhere.

### GETTING THE CALL

People call on me when they've walked out of a doctor's office and the doctor just said to them, you better lose weight. And the person says to themselves, I don't know where to begin. Coaching is like having a cheerleader next to you.

### 21ST-CENTURY COACH

I can coach someone in California, Washington D.C., anywhere in the country, with my interactive Web site, [www.risaclassiccoach.com](http://www.risaclassiccoach.com). We're on the telephone, and we've both got the computer in front of us. If they are not computer savvy, I can just work with them verbally. I've had incredible success.

### COMMUNITY COLLABORATION

I'm also the founder and director of Health & Wellness Professional Network (HWPEN), a community of professionals in varied practices. If someone said, do you know a good nutritionist, do you know a good chiropractor, I have those resources at my fingertips.

### FAMOUS CLIENTELE

A long, long time ago, I did the fitness testing for Robert De Niro. I was the fitness director for a major fitness center in New York. I've also worked with Glenn Close and Martin Scorsese. I have been training classical soprano Patricia Brady-Danzig for about 5 years. She never lifted a weight before working with me, and now she loves it.

### WRITING THE BOOK

Women have an incredible ability to empower themselves. That's what I want to write about. I'm collecting stories and I'm interviewing people. I originally was going to write all about myself, but I thought that if I have an interesting story to tell, other women do, too.

— As told to Michele C. Hollow and Teresa Akersten



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