



NEW YORK STATE SENATOR

Jack M. Martins

## Senator Martins Health and Fitness Day at Valencia Gym Draws Hundreds

JACK M. MARTINS October 17, 2011

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Senator Jack Martins “Athletic Health and Fitness Day” was a huge success this past Saturday where hundreds of members of the Elmont, Franklin Square, South Floral Park and Floral Park communities came out to learn about health and wellness issues at Elmont’s Valencia Gym. The program was developed by Martins and Elmont’s Valencia Gym, located on Hempstead Turnpike, to promote healthy lifestyles and fitness for people of all ages.

“The turnout was sensational and a lot of fun was had by all,” said Senator Martins adding, “the specialized classes were filled and many people took the time to talk the outstanding staff of fitness experts at Valencia Gym about health issues. I’m really glad I was able to partner with Valencia on this annual event.”

Specialized classes targeted towards health needs were provided. Sessions were held for seniors, college students, men’s and women’s fitness as well as clinics. Local fitness experts led by Lancelot Theobald, Pierre Devaris, Tony Danvers, Gael Salvant, Noam Tamir, Herve Duroseau, Mariana Alcubilla and Joyce Lopez offered their talents to attendees. Rave reviews by local residents kept the fitness team on their toes throughout the day.

The gym had free informational tables on women’s health, special protein shakes, water bottles, gym towels donated by Legislator John Ciotti and Councilman Ed Ambrosino, massage therapy sessions, complimentary water from Senator Martins and healthy foods provided for by Valencia Gym.

“The clinics for stretching, abdominal exercises, athletic boot camps and general fitness were a complete hit,” said Senator Martins noting, “the athletic staff at Valencia and their team were real helpful and gave fitness goers one-on-one attention.”

“The day was real exciting from start to finish. People just streamed in all day and wanted to participate and learn about Senator Martins program with Valencia,” said attendee Tyrone St. Louis adding, “I did the athletic boot camp and it was a lot of fun but a real challenge.”

Greg Calvaire, founder of Page31 Online Magazine said, “having a fitness day like what Senator Martins sponsored with Valencia is something that we need promote for people of all ages. Promoting positive lifestyle decisions are important. Eating right, exercise and showing people how to get in shape the right way is a homerun no matter what age you are.”

“Events like this are what our community is all about,” said Legislator John Ciotti adding, “Senator Martins and Valencia Gym did an outstanding job and I couldn’t be more pleased by the turnout.”

Community leaders also attended the fitness clinic as well. South Floral Park Trustee Elton McCabe, Page31 Online Magazine Founder Greg Calvaire, South Floral Park Civic Association President Anthony Barbieri, Elmont East End Civic President Patrick Nicolosi, Elmont Coalition President Sandra Smith, Elmont Memorial HS PTSA President Barbara Reynolds, Theodora Ridley of the Dutch Broadway PTA, Councilman Ed Ambrosino, Legislator John Ciotti, Legislator Vincent Muscarella, Assemblyman Edward Ra and former Elmont Library Board President Tania Lawes.