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—Sal Lacagnina, medical director of the Lee Memorial Health System Wellness Center.

Just Do It

Getting fit helps your mind, body and soul.
Lee County offers plenty of opportunities

BY PETE SKIBA

Florida-Weekly Correspondent

The excuses pile up. There’s no time. I’m too old. It is too hard.

For most people, exercise just seems to be a drag. Well, the tough news is that the path to a longer, fuller, healthier life takes work.

“I bicycle 500 miles a month,” said Fort Myers resident Dale Van Netta, 73, and a member of Caloosa Riders bicycle club. “I sleep better, eat better and feel better all over.”



FLORIDA WEEKLY PHOTO
Gold’s Gym is one of dozens of exercise facilities in the area you can go to get fit and healthy.

The good news is that it doesn’t take 500 miles a month of bicycling to become fit and healthy at any age.

“The American Heart Association guidelines recommend 30 to 60 minutes of exercise six days a week,” said Sal Lacagnina, medical director of the Lee Memorial Health System Wellness Center.

“There are 1,440 minutes in a day, so people can’t say they don’t have enough time.”

It needn’t be the kind of training Van Netta does, but aerobic exercise, walking, jogging and yes bicycling, at a moderate rate will improve every bit of the body.

Studies cited by Lacagnina show that the heart, the system of veins and arteries attached to the

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■ **Inside:**

While you’re working out, don’t forget to eat well. See Carol Simontacchi’s Holistic Health Notebook. **A27**

Memorial to honor slain officers

BY EVAN WILLIAMS

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The front of the Fort Myers Police Department on Peck Street is about to be enlivened by a “Fallen Officer Memorial,” designed by Fort Myers High students in the school’s industrial design department. The project faced numerous delays, everything from a rough hurricane season to faulty blueprints, said Major Glen Johnson, who is assigned to manage the project. However, it is expected to be completed in less than a year.

The memorial, which will honor FMPD members killed while on duty, will also include a sculpture commissioned jointly



FLORIDA WEEKLY PHOTO

When completed, the Fallen Officer Memorial will grace the entrance to the Police Department.

by the police department and the Fort Myers Public Arts Committee. The piece will likely be made of bronze, Public Arts Com-

mittee Member Sharon McAllister said, but the chosen artist and the sculpture’s specific form is still in the works.

“Students came up with the curved memorial wall, with the blue section in the middle that lights up,” she said.

The entire project carries an estimated cost of \$70,000, and will be paid for through public and private donations, which are being saved in a special account set up through Edison National Bank in downtown Fort Myers.

“We expanded the project from what it initially was,” Johnson said. “It’s tough getting money nowadays because it’s just a

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Elegance

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Phantom of the Arts

And other events this week in Fort Myers society. **C15,16 &17** ►



The cutting edge

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