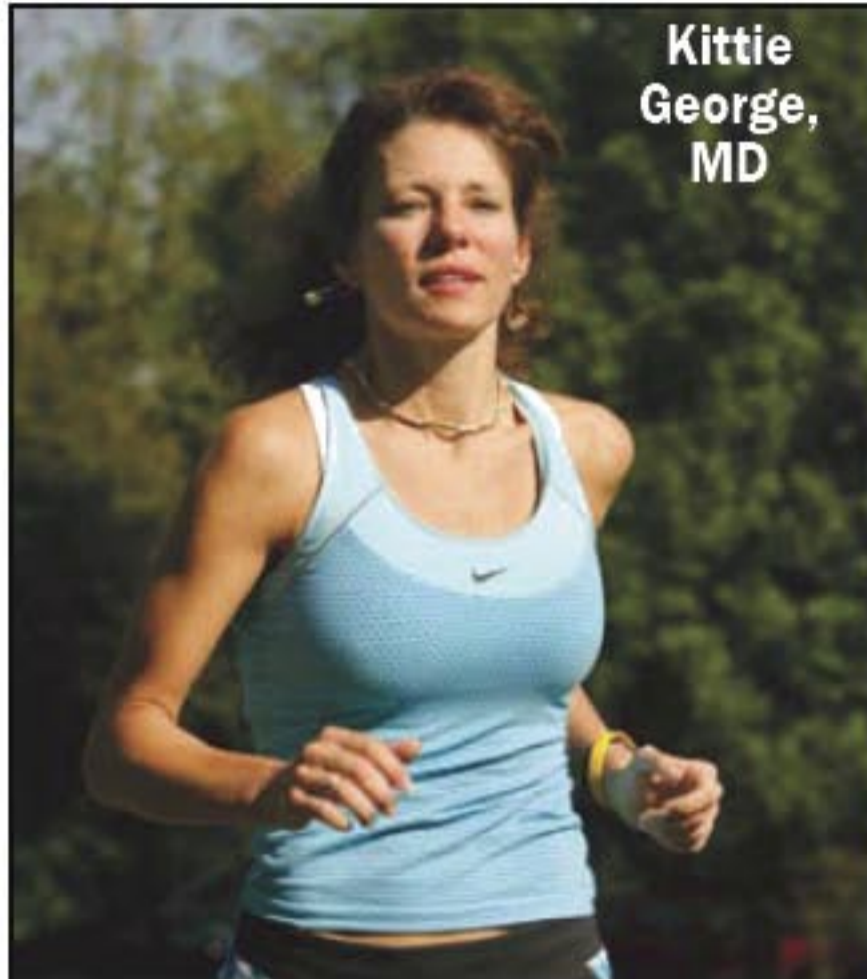
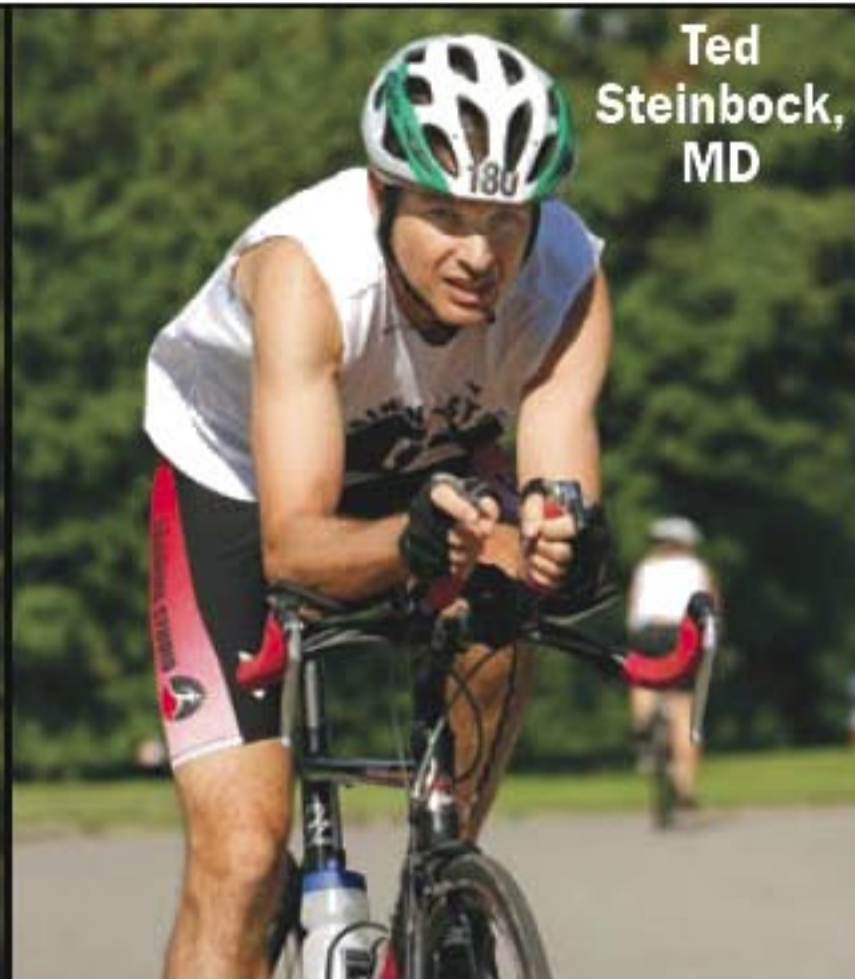


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Kittie
George,
MD



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Steinbock,
MD



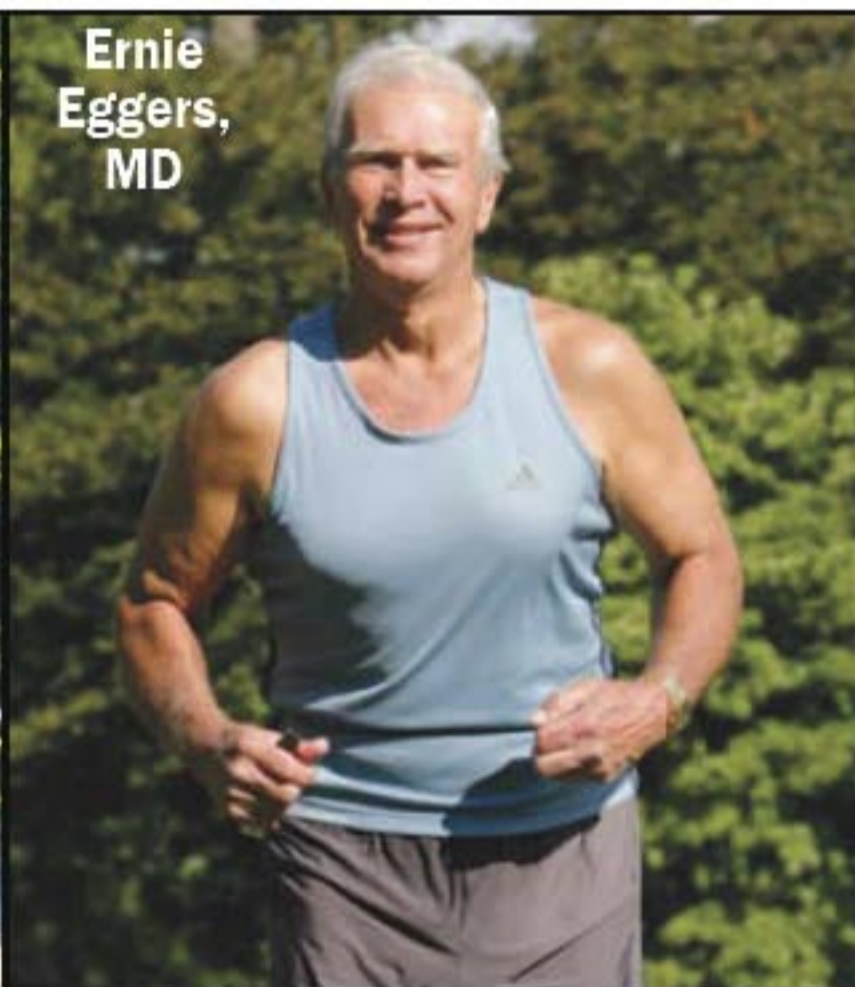
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MD

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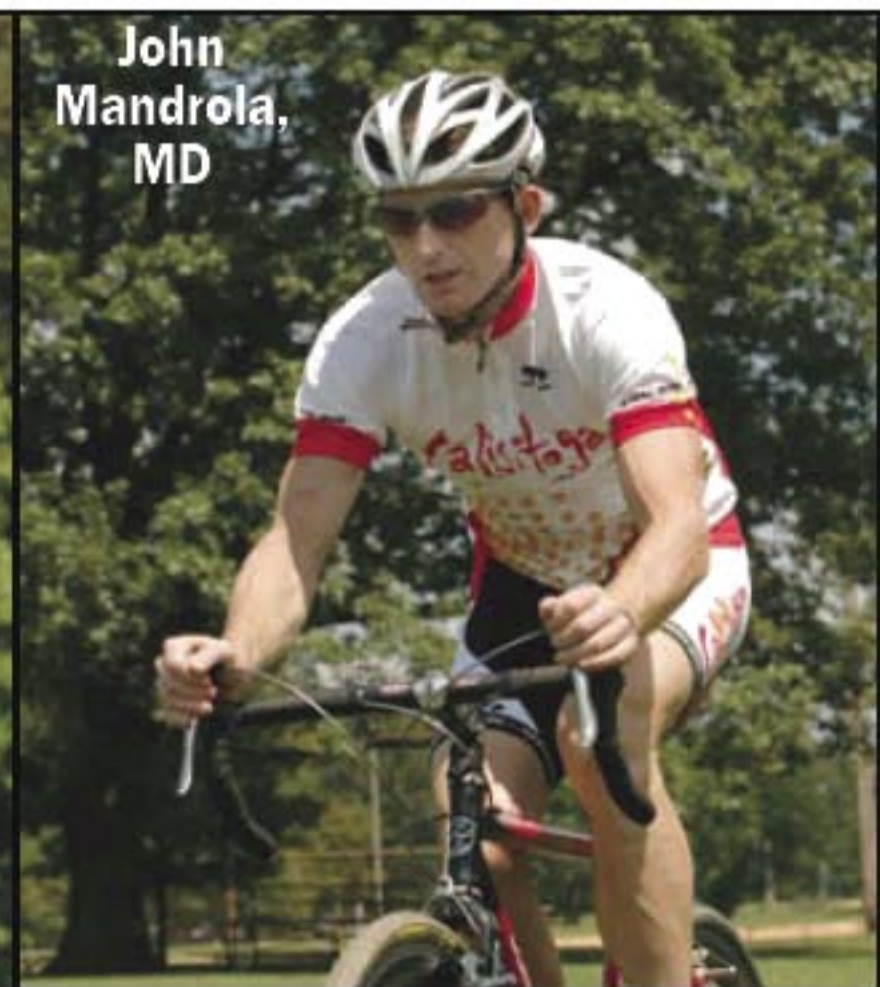
How Six Local Doctors Find Time To Stay Fit



Ashli
Collins,
MD



Ernie
Eggers,
MD



John
Mandrola,
MD

5 Hot Nutrition Tips

Exercise Guidelines
During Menopause

The Art of Tapering

Budget Woes Squeezing
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Kittie George, MD

Juggling three kids, family, and working as an orthopedic surgeon, Dr. Kittie George somehow finds the time to fit in working out and training for a marathon. George, who played tennis, track and basketball in high school, has always been involved in athletics. She even played basketball at the University of Alabama on a scholarship.

As an orthopedic surgeon, Dr. George's hours can be long and often sporadic when on call. That's just one of the reasons she typically exercises in the morning. "I have to work out when the kids are asleep. I don't want to miss time with the kids," said George. "Fortunately I don't need a lot of sleep and I have an amazing husband who helps out."

Currently, George participates in a boot camp run by the Training Studio. The twice-a-week camp begins at 5:30 a.m. and consists of one hour of agility and strength training. "The boot camp has really helped me with my running. It's all done outside on grass. It is one of the best workouts I've ever had," said George.

George has run the New York and Disney Marathons in the past and is preparing to run the Disney Marathon in January. She started running after college when she entered medical school. She even met her husband, Cris, while running the mini Marathon during her third year in medical school. "My husband and I love to workout together. It's a good thing for the family to do together," said George whose young kids are active in various sports such as soccer, golf, and basketball.

To prepare for the marathon, George runs various distances during the week while doing longer runs with a group from the Training Studio. For her, working out is the key to sanity. "I'm more efficient, have more energy, and just plain feel better," said George. "Consistency is a key. Training smart and listening to your body and working with people who know what they are doing go a long way."



Name: Kittie George, MD
Medical School: University of Louisville
Specialty: Orthopedic Surgery/ Sports Medicine
Practice: Louisville Bone and Joint Specialists
Marital Status: Married to Cris George
Children: Davis (age 10), Conner (age 7), Allie (age 5)

What's the best part of medicine? *I love meeting new people and the interactions I have with my patients. Also, helping someone get back to their activity, whether it be work, sport or exercise, is very gratifying.*

How do you keep fit? *Keeping up with my kids is a great start. I also run and participate in a strength and fitness boot camp.*

How many hours do you work per week? *It varies on the month and time of year, but on average 50 to 60 hours per week.*

How many hours do you exercise? *It varies but on average 8 hours.*

Favorite exercise routine? *At the present, my favorite is boot camp. It is a combination of strength and agility exercises and is one of the best workouts I have ever done.*

How do you find the time? *Fortunately, I require very little sleep and do most of my workouts in the morning. Working out affords me sanity, better efficiency, tolerance and patience.*

Are you training for anything specific? *I am currently training for the Disney Marathon in January.*

Do you stress the importance of exercise to your patients? *Absolutely, exercise helps people on so many different levels. I also stress the importance of proper instruction and avoiding injuries.*

Hobbies? *Golf, piano, fishing.*

Family activities? *Spending time with my kids and husband. Our kids are involved in several sports. We try to enjoy these as a family. We also play golf together.*

What time of the day do you exercise? *Early in the morning. It is the most predictable. It is hard to know what will come up in the afternoon or evening. Also, the afternoons and evenings are reserved for my time with kids and family.*

What has been your biggest challenge/risk? *Trying to balance being a good mom, a good wife and a good physician.*

What has been your proudest moment? *In terms of sports it would be a tie between signing a basketball scholarship at the University of Alabama and finishing my first marathon (NYC).*

What do you consider your perfect day? *A hard, early morning workout, a satisfying surgery and spending the rest of the day with my family.*

Kim Brohm is a graduate of Spalding University with a B.A. in English, where she was a three-sport athlete. Kim has an M.B.A. from the University of Louisville. Her e-mail address is kimbrom@hotmail.com.