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## Best Gadget Gear

Having great, high-tech gadgets without the right accessories is like having a Prada gown with no shoes. We round up the best accessories to help you make the most of your ipod, ipad, iphone and more!

## NUTRITION SMARTS

Local nutritionists weigh in on some of their clients' most commonly asked dietary questions. From the healthiest options for on-the-go moms and kids to foods that offer the biggest bang for their nutritional buck to which area stores offer the best produce, meat and fish.



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MELANI LUST

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5 minutes with...

### Dominic Novak, *In Peak Condition*

**MY FITNESS PHILOSOPHY IS...** There are no shortcuts to achieving a lean, conditioned, toned physique. Results are attained through well-balanced training and nutritional programs and a lifestyle that allows for rest and recuperation.

**THE BEST FORM OF MOTIVATION IS...** to take a picture of yourself and look at the areas that need work and prioritize. Take a new picture in a month and compare. Take another in three, six and twelve months. Measurable results help motivation.

**THE BEST WAY TO ACHIEVE A FITNESS GOAL IS...** to make it a priority. Schedule your workouts and your meals. Meet with a fitness professional and/or registered dietitian, for guidance and support.

**THE BIGGEST MISCONCEPTION THAT WE FIND IN WORKING OUT IS...** all you have to do is cardio and you will lose weight. A sound nutritional program is essential to weight loss. Cardiovascular exercise and weight training are great to help you improve stamina and strength.

For more advice from Dominic, go to [mofflymedia.com/inpeakcondition](http://mofflymedia.com/inpeakcondition)

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