



LBPA TODAY

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Information Update for Lansdowne Business and Professional Association Members

Member News To Peruse

VISIT THE LBPA ONLINE

The official website of the Lansdowne Business and Professional Association is now online! visit the LBPA website at www.shoplansdowne.com to find out the latest news about LBPA members, their products and services and more.



WOMEN IN BUSINESS EXPO

The Delaware County Chamber of Commerce is holding a "Women in Business" Expo December 7 at the Drexelbrook Corporate Events Center in Drexel Hill.

This event opens with a "Coffee Connection" at 8 a.m., followed by the expo, which will run until 4 p.m. Delco Chamber members who wish to exhibit can do so for only \$250; the registration fee for non-members is \$500. This event is open to businesses of 50 employees or less. For more information about attending or exhibiting at this event, please call Kara Chellis at 610-565-3677.

CELEBRATION THEATER TO MAKE HOLIDAY DEBUT

The LBPA is delighted to welcome its newest member — **Celebration Theater** — to Lansdowne. The project of local entrepreneur and actor Geoffrey Berwind, Celebration Theater will make its home in the Twentieth Century Club and produce three to four shows a year. Celebration Theater's first production will be a unique version of Dickens' *A Christmas Carol*, opening for 11 performances beginning December 1. Saturday matinee performances will feature a festival event — attendees will meet Queen Victoria and learn how to create Victorian Christmas Tree ornaments. For more information, call 610-259-1800.

FINANCIAL PRESENTATION AT BREAKFAST MEETING

The Delaware County Chamber of Commerce and Sovereign Bank are sponsoring a breakfast meeting on Thursday, September 27, featuring guest speaker Fred Sherman, an economist for Sovereign Bank and a Financial Analyst for KYW News Radio. Sherman's presentation, "It's a Whole New World," will begin at 7:45 a.m. and will be followed by a question-and-answer session. This insightful event will take place at the Drexelbrook Catering Facility in Drexel Hill and will last approximately two hours. Attendance is free, provided you RSVP before September 15; the cost is \$25 per person thereafter. Call 610-526-6367.

September Dinner Meeting

What: September LBPA Dinner Meeting

Where: Pica's Italian Restaurant
7803 West Chester Pike
Upper Darby, PA

When: Wednesday, September 20

Time: 7 p.m

Cost: \$20 per person

Details: Join the LBPA membership for this special dinner meeting. The buffet-style menu will include:

- Hot Hors d'oeuvres
- Salad w/ House Dressing
- Veal Scallopini
- Sausage & Peppers
- Barbecued Spare Ribs
- Baked Rigatoni
- Potatoes
- Hot Vegetables
- Coffee, Tea & Dessert

For more information or to reserve your seat, call 610-623-2091.

Your LBPA Officers

PRESIDENT

Jennifer Hoff(610) 623-2091

FIRST VICE PRESIDENT

Lewis Rinaman(610) 623-5955

SECOND VICE PRESIDENT

Fran Wayne.....(610) 259-6370

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Pat Arone(610) 626-7320
Kelly Bliss.....(610) 394-2547

TREASURER

Rose Marie Redheffer.....(610) 583-3000

Lansdowne Business & Professional Association
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*"Sometimes being pushed to the wall
gives you the momentum to get over it"*

— Peter de Jager

Member Spotlight: Kelly Bliss, M. Ed.

For years, millions of Americans have fought a constant battle with their bodies — the battle to get “in shape,” to lose weight through dieting, or to try to develop the perfect body. But here in Lansdowne, psychotherapist and fitness instructor Kelly Bliss is a leader in a completely different approach to well-being. It’s called the Non-Diet Paradigm, and as Bliss explains, it’s an attitude toward fitness that doesn’t involve obsessing over diets, weight, and physical appearance. Instead, Bliss’ approach aims to help people accept their size and develop a lifestyle that promotes maximum health and well-being at any size. “Watching your weight is an anxiety, not an action,” she says. “Forget the scale. Pay attention to how you live. I like to say that what I do is simply to help people take better care of themselves, and solve the problems that get in their way.”

According to Bliss, your body’s physical appearance is not as important as how your body and mind work together. “My goal is to impact someone’s physical well-being and their psychological well-being. They’re both equally important and go hand-in-hand,” Bliss explains. “Both physical and psychological well-being have to be accomplished or you’re going to fall flat on your face.”

While the Non-Diet Paradigm is relatively new to most people, it’s a philosophy that Bliss has promoted throughout her 20 year career. She has taught classes in healthy eating and fitness for two decades and has owned her own business for 10 years. Now based in Lansdowne, Bliss hosts fitness classes at the Trinity United Methodist Church on Lansdowne Avenue. Also a licensed psychotherapist, she spends approximately one day a week counseling patients — either in her home office or over the phone.

In conversation, Bliss is tremendously upbeat and energetic, and she casually names a half-dozen projects that she is currently working on. Among these projects is her website (www.kellybliss.com) which she sees as a way to help expand her message — and her business — around the world. While not all features of the website are functioning yet, the site offers a comprehensive array of resource for people who want to experience — as she terms it — Healthy Living with Bliss.

One of her most noteworthy services is the selection of fitness videos she sells on her website. These videos contain workouts designed for the plus-size person, workouts that can be used by people of all ages, sizes and levels of physical activity. “I wanted to make workouts available for every body,” she says on her website. “If you exercise all the time, you will find a workout here that gives you information on how to stay safe as you exercise. If you have not exercised in 30 years, here you will find a great place to start. My goal is to help each person feel successful when they pop the tape (in). These workouts feel good both physically and emotionally.”

Bliss’ workouts are designed to suit “every body”, and rely on one important element — movement. As she explains, physical movement is a crucial factor in determining a person’s psychological well-being. Having treated a number of depressed patients, Bliss has observed first-hand the positive impact physical activity can have on a person’s emotional well-being.

Remember...



www.shoplansdowne.com

As one of the nation’s leading experts in plus-sized fitness, Bliss has been recognized by the National Institute on Health as a leader in fitness for very large people. She points out an incident at the Miss Plus USA pageant — where she was a featured speaker — as an indication of her reputation. “The person who introduced me had a great quote,” Bliss says. “The host said, ‘Look out Richard Simmons, here comes Kelly Bliss...and she’s bigger than you.’ I thought that was so appropriate.”

Bliss has also written a book that is scheduled to be released sometime this fall. Titled ‘Don’t Weight — Eat Healthy and Get Moving NOW,’ the book will be available locally in bookstores and around the world through such major Internet retailers as amazon.com and barnesandnoble.com. And Bliss also believes that demand for the book will spread around the world, or at least throughout North America. Tired of the vicious circle of dieting and obsessing over body image, experts are beginning to realize and promote the merits of Bliss’ beliefs. “I’m at the crest of a wave of a number of medical and fitness experts who promote self-acceptance and self-care instead of body-critical weight loss goals,” she says.

Whether she gains the attention of the world or not, it’s clear that Kelly Bliss has made tremendous progress in improving the lives of those around her. Bliss’ innovative approach to her work has established her as a groundbreaking therapist who is unafraid to challenge the norm.

For more information about Kelly Bliss and Work it Out!™, visit her website at www.kellybliss.com. She is also available toll-free via telephone at 1-877-Kelly-Bliss.