

a little resolve

Not all New Year's resolutions are made to be broken.

Just ask the fit folks featured over the past year in Best Revenge, who kept their resolve to stay healthy and are looking to conquer new challenges in this new year.



By Chris Bynum
Health and fitness writer

They are already seen as shining examples of healthy living, so what more could the people featured in The Best Revenge column possibly resolve to do in the new year? We asked some of those profiled in the weekly article highlighting local folks and their ways of living well if they had any New Year's resolutions. It seems there is always room for improvement.

LEO BASILE, 36, SALES MANAGER: "I want to lose 18 pounds of fat — which will take me below the 200-pound mark, which I haven't been since the eighth grade — and gain 10 pounds of lean muscle. I also would like to start helping others in the city, especially children, educating them on better lifestyles choices." (In the fall, Basile — who once weighed in at 376 pounds — completed his first Ironman, for which he was training when he appeared in the Best Revenge column last summer.)



CHRIS WILTZ, 55, WRITER: "Everything that I am resolving has to do with flexibility — flexibility of mind so I can think outside the box, flexibility of body so that it enhances my yoga practice, flexibility of my spiritual and emotional being so that whatever comes, I can bend with it, release it and not hold onto negative feelings." But Wiltz isn't waiting for the new year to put her resolution into practice. "I started this about a month ago . . . and I'm seeing things with a different perspective."

RICHARD MCCARTHY, 37, EXECUTIVE DIRECTOR OF CRESCENT CITY FARMERS MARKET: "If we're talking strictly health, then it's cutting down to one giant bag of kettle popcorn a week" and to "ride my skateboard to work more often (instead of the Vespa every day)." And McCarthy also resolves to indulge in wheat grass shots three days a week (a farmer's market special). Aside from physical health, McCarthy intends to "spend more time with friends (entertaining, dinner parties)" and "more time with my family." Corny as it sounds, he says, "I need to find a way to carve out more down time in this 24/7 world." And if he's successful with the down time, McCarthy is also going to get a massage at least once a month.



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