

# BUSINESS

Business Editor  
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ONLINE FROM WALL STREET TO MAIN STREET, KEEP UP WITH THE LATEST ECONOMIC HEADLINES

YESTERDAY'S CLOSING: DOW 9,686.48 ▼46.05 NASDAQ 2,091.79 ▼9.57 S&P 500 1,022.58 ▼4.79 OIL 72.14 ▼0.81 GOLD 1207.40 ▲1.10



Photo courtesy Move It

Move It Aerobics Studio in Arcadia offers "Largercise," specialized courses geared to people 40 or more pounds overweight, two nights a week. Move It owner Michele Silence developed the courses.

## The Silence treatment

Aerobics studio owner offers special class for the overweight

By Kevin Smith Staff Writer

ARCADIA — Michele Silence can still remember when she first got the idea to offer fitness classes for her overweight students.

"One of my larger students came up to me and said, 'We can't move side to side as fast,' and she pointed out a number of things that are different for heavier people," said Silence, owner of the Move It Aerobics Studio in Arcadia. "She was right. They are bigger, so they get hotter and they can't move as fast."

That encounter prompted Silence, 51, of Duarte to craft specialized "Largercise" classes for her overweight aerobics students. She ran those classes for several years until TV and radio ads for Lap-Band and gastric bypass surgery became prevalent.

"There was a real big boom where everyone was going and getting surgery," she said. "People were putting more stock in that than in wanting to get exercise."

Fortunately, the pendulum has swung back the other way, Silence said, with a renewed emphasis on exercise, fitness and proper nutrition.

"Now people realize that they need to maintain some level of exercise, even if they have had the surgery," she said. "And now we're seeing TV shows like 'The Biggest Loser,' so people are getting back into it."

Silence, who has a master's degree in clinical/sport psychology and has worked as a therapist and certified American Council on Exercise instructor for years, now offers Largercise classes from 7 to 8 p.m. Monday and Wednesday.

And those who show up at her studio at 6:30 p.m. Wednesday will get the whole month of July free.

"This is the only aerobics facility of its type in the whole San Gabriel Valley," said Silence, who has dealt with weight-management clients for 24 years. "It's



SILENCE

### LADDER OF SUCCESS

**Michele Silence**

**TITLE:** Aerobics instructor/owner

**BUSINESS:** Move It Aerobics Studio

**LOCATION:** 40 E. Live Oak Ave., Arcadia

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**E-MAIL:** [move\\_it@sbcglobal.net](mailto:move_it@sbcglobal.net)

**SECRET OF SUCCESS:** Thorough knowledge of the industry and proactive classes that help overweight clients achieve results

mainly done in a classroom."

But that "classroom" includes stability balls, gliders (small discs that allow the user to slide their feet around) and a variety of other equipment that is designed to promote flexibility and muscle toning.

"I include a lot of balance training," Silence said. "We're different in that we really focus on the full body — everything."

Jacey Spencer attends the Largercise classes.

"I absolutely love it," the 52-year-old Monrovia resident said. "She's very educated and works on everything from head to toe — and she does it properly as far as working out and stretching."

Silence said her classes are designed to be effective, while putting people at ease.

"You don't have to dress in any special way, and there are others trying to lose weight just like you are," she said. "And it's a friendly and social atmosphere. They get to meet other people and make friends, and they're not being slapped with some rigid exercise program."

For more information on the the Largercise classes, call Silence at 626-359-8535.

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