

# NAPLES

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## *Dining Awards*



### **ON BALANCE**

A RESTAURATEUR'S  
LATEST PROJECTS PAIR  
GOOD FOOD WITH  
GOOD COMPANY

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### **OH, HONEY!**

COCKTAILS TO  
BUZZ ABOUT

REBECCA MADDOX

## BALANCE

### FITNESS

# Airing It Out

Want a full-body workout that doesn't feel like one? Try aerial silks. Winding yourself through lengths of fabric suspended from the ceiling looks elegant while building your strength and flexibility. "You don't realize you're getting a full-body workout in that hour," says Lacy Kelly, owner and instructor at **Pole & Aerial Fitness of SWFL**.

She recommends more trying silks if you already have some upper-body strength or otherwise starting with something easier like lyra (aerial hoop), which her studio also teaches. Still, Kelly says anyone age 7 and older can try silks, and that the biggest challenge is walking through the front door the first time and deciding to give it a try.

Besides physical gains, you also get the benefits of increased confidence and community. Silks "becomes an addiction once you start seeing your body actually start to change; then, when your body starts to take change, your mind starts to take change," Kelly notes. "It's such a beautiful thing



because there's never a top to that journey," she adds. "It's internally validating and externally validating."

The remainder of the class understands the challenges, so you also have others cheering you on as you progress. The unique combination of benefits may draw you back again and again. "If you love it, you're in for life," Kelly says. "It's a beautiful passion because it's also helping you take care of yourself—mentally, emotionally, spiritually, and physically." ([poleandaerialfitness.net](http://poleandaerialfitness.net))—E.K.

WINDING THROUGH FABRIC SUSPENDED FROM THE CEILING, PARTICIPANTS BUILD STRENGTH AND FLEXIBILITY THROUGH AERIAL FITNESS.

### SKIN CARE

# SOAKING UP THE SUN (SAFELY)



Sunscreen can be greasy and inconvenient, but you can shield your skin another way with sun-protective clothing. According to Cyndi Yag-Howard, MD. (who goes by Dr. Cyndi), the CEO and owner of **Yag-Howard Cosmetic Dermatology** in Naples, a normal white T-shirt provides sun protection similarly to wearing sunscreen with SPF 8—but this protection drops to around SPF 4 if the shirt gets wet (e.g., from sweating).

Sun-protective clothing is different. She explains that these specialized garments tend to be tightly woven and may have chemicals bound into the fabric, typically resulting in sun protection of UPF 30 or higher. (UPF is the way UVA- and UVB-ray protection is measured in fabric, similarly to SPF.)

Even with sun-protective clothing, you'll need to use sunscreen on exposed areas. Yag-Howard notes that this is true even if

you're in the shade or are wearing a hat since UV rays can still bounce off surfaces like concrete and sand to harm your skin. Also be aware that depending on the brand, sun-protective clothing may only last around one year or approximately 30 to 40 washes as the weave loosens.

Yag-Howard says there are now many companies offering sun-protective clothing with more fashionable options than in the past. Regardless of style, make sure the garment has a UPF rating, and most importantly, pick something you'll use. "A lot of people will buy it and feel good that they bought it, but they won't wear it," she says. "Definitely that would be the number one thing: make sure you will wear it." ([yhderm.com](http://yhderm.com))—E.K.

