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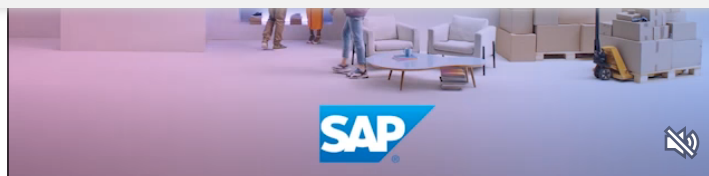
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HEALTH LIFESTYLE

On Daily News Diet Hotline, experts weigh in with tips to make you slimmer

By **NICOLE LYN PESCE**
NEW YORK DAILY NEWS | JAN 09, 2012



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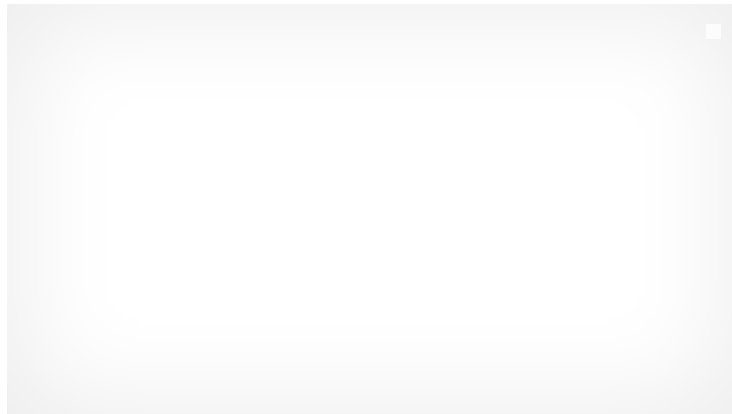


As in past years, the Daily News Diet Hotline figures to be busy helping you shed those excess pounds. (Craig Warga/New York Daily News)

Your weight is over!

The Daily News Diet & Fitness Hotline — (212) 210-2044 — is open Monday, and our experts are standing by to help with your weight challenges.

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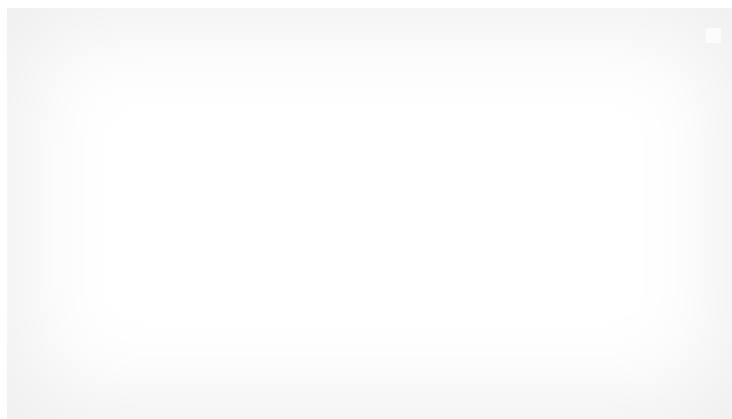
Have your New Year's resolutions already fallen by the wayside?

Pick up the phone from 8 a.m. to 4 p.m. every day through Friday — or drop a note to DietHotline@nydailynews.com — and score free, personalized advice you can't get anywhere else to help whittle off that winter weight.

Our talented team includes marathon runners, holistic nutritionists, licensed doctors and dietitians — such as these men and women — who are ready to answer your call for a longer, healthier life.

They know that weight-loss, starting an exercise program or simply feeling better about taking control of your life does not have a one-size-fits-all solution. That's why you should not pass up this one-on-one opportunity; everybody has a hurdle or a weakness or a pressure point that stalls good intentions. Only a little personalized advice can get you through those moments that always seem to trip up your plans.

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Sunday, you met some of the experts who will be on hand to help. Now get to know the rest of your team:

[Ian Morris, ISSA](#), FMS, is a trainer at Crunch Kips Bay specializing in disciplines including kettlebells, TRX, wing shun martial arts, tae kwon do and more.

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[June Levine](#) is a registered dietitian, New York State certified dietitian nutritionist, certified diabetes educator, and co-founder of Right Start Nutrition LLC.

Prince Brathwaite, NASM CPT, is a master trainer and fitness services manager at the Irving Place New York Sports Club, teaching boot camp, total body and core conditioning.

[Terrence Lawrence](#), certified in dotFIT with a B.S. in health, is a trainer at Crunch Kips Bay specializing in sports performance and cardio endurance.

Willow Jarosh is a registered dietitian (R.D.) and contributing editor and nutrition expert for Self Magazine. She's an ADA and NYSDA member who sits on the board of the nonprofit Healthy Kids Concepts.

[Anthony Baugh](#), NASM CPT, NASM CES, NASM PES, is a fitness nutrition specialist and trainer at Crunch Lafayette St. specializing in weight loss, stabilization and core fitness.

[Alonzo Wilson](#) is a personal trainer at New York Sports Club, teaching TRX, boot camp and sports circuit training, and a trainer/player for the Harlem Rockets basketball team.

Dr. Fred Pescatore, M.D., M.P.H., is a traditionally trained physician who practices integrative medicine and author of "Thin for Good," "The Hamptons Diet" and the best-selling children's health book "Feed Your Kids Well."

[Desmond Depass](#), NASM CPT, NASM CES, NASM PES, is a trainer at Crunch Lafayette St. specializing in Russian kettlebells, performance enhancement and corrective exercise.

[Nicole Dimanttei](#), ACSM and certified in dotFIT and TRX, is a trainer at Crunch Archive specializing in weight loss, muscle gain, sports performance and dance training.

[Sheryl Moller](#) is a board-certified holistic health practitioner, graduate of the Institute of Integrative Nutrition and founder of Rocket Nutrition, a nutritional therapy service.

[Bryan Rosen](#), NASM CPT, ISSA CPT, KBC-I, is a trainer at Crunch Kips Bay specializing in weight loss, muscle gain, sports performance and kettlebells.

[Shane O'Connor](#) is a certified physical and health educator and personal trainer, and is studying to become a medical exercise specialist. He opened Integrated Medical Fitness in midtown.

[Carlito Rodriguez](#), NASM, ACE, WKA, is a trainer at Crunch Kips Bay specializing in pre/post-natal, post-rehab, toning, conditioning and kickboxing.

[Karen Nourizadeh](#) is a Yoga Alliance certified yoga instructor at Pure Yoga who teaches Hot Power Yoga, Hot Slow Flow, Vinyasa, Yin Yang and yoga for children.

[Michael Hickman](#), NASM PES, is a Crunch 38th St. trainer specializing in weight loss, muscle gain, motivation, toning, sports

performance, general health, speed and agility.

[Charmaine Trotman](#), NASM and AFAA, is a group exercise instructor at New York Sports Club teaching dance, total body conditioning, abs, Pilates and stretching.

[Michelle Nabatian](#) is a registered dietitian at [Keri Glassman](#), Nutritious Life, counseling clients with nutrition-related issues, including diabetes, cardiovascular disease and cancer

[Howard Hinds](#), NASM CPT and certified in dotFIT, is a trainer at Crunch John St. specializing in weight loss, muscle gain, sports performance and competitive swimming.

[Rachel Reddish](#) is a personal trainer at Crunch 83rd St. She is certified in NASM CPT, dotfit, CPR and TRX. She went to Texas Tech University, where she majored in psychology, played volleyball and ran track.

[Monica Vazquez](#), CPT, CES, ACE, NASM, LWMC, is a master trainer at New York Sports Club, a lifestyle and weight-management coach, and contributing editor to Fitness magazine.

[Melissa Rifkin](#), MS, RD, CDN, is a registered dietitian at Montefiore Medical Center's surgical, oncological and maternity floors, and works for Tiferet Health LTD private practice helping clients to achieve weight-loss goals.

DISCLAIMER: The experts available on the Daily News Diet Hotline cannot give you medical advice or diagnosis. Any information about nutrition and weight-control they offer is not intended as, and is not a substitute for, medical advice, counseling or diagnosis. You should consult your doctor before beginning any weight-loss program. The Daily News makes no representations or warranties of any kind, express or implied, as to information given by the hotline experts and under no circumstances will it be liable to any caller or other person for damages arising in any way from the use of such information.

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Staggering details are emerging from the fiery crash after Ruggs rear-ended and killed a woman while driving drunk.

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