

# WHAT'S YOUR **FITNESS** ROUTINE?

[ LINDA SMITH

by lauren madras



PHOTO BY CHARLES BARNES

## [ the routine ]

**SWIM** Twice a week, I swim 80 laps, alternating between butterfly, back, breast and free style strokes. My routine is similar to what I did during my 15 years with the St. Louis Masters. I use a special type of flipper called a zoomer, which takes stress off your shoulders. I also wear polarized goggles to protect my eyes from pool chemicals and UV rays.

**RUN** Twice a week, I run six miles. At the halfway point, I stop for 15 minutes of stretching and core strengthening moves. I take along my golden retriever, Kodi. I'm outfitted with Sole Control custom orthotics, and I protect against the sun with sunscreen, sunglasses and a hat.

**STABILIZE** On days when I don't run or swim, I do a yoga routine at home and lift freeweights. It's important to protect bone health and guard against injury, especially in the rotator cuff and back.

**LINDA SMITH IS LIVING PROOF** you can raise two sons without soda in the house. She and her husband, Jeff Gusdorf, and their children, Nathan, 22, and Jason, 18, have embraced a healthy lifestyle. They eat tasty, interesting food, but reject prepackaged snacks and sugary sodas.

"I don't weigh myself," Smith says. "This isn't about maintaining weight at all. I love to think about how I can cook food to be healthy and delicious. Both Jeff and I are enthusiastic about it, and there's hardly been any pushback over the years from our sons." She incorporates lean proteins and fish, as well as a cornucopia of grains and unusual produce.

Smith is a doctor of chiropractic and a certified acupuncturist with Hands on Health in Clayton. She went into the profession after her own back injury introduced her to non-surgical treatments. She's also a singer, performing with Springboard, a nonprofit that brings cultural enrichment into public schools.

She and her husband both meditate, and even their son Jason has picked it up. Smith studied meditation at the Center for Mind Body Medicine in Washington D.C., learning techniques for transcendental and biofeedback meditation. The latter uses the external temperature in your extremities to measure the stress response in your body. Smith teaches these and other techniques to students at Jason's school (John Burroughs) once a year during a series of seminars on health and wellness.

In her own life, meditation is about mental and physical health. "I think it promotes healing," Smith says. "I use yoga to take a break from intense aerobic workouts, and see a massage therapist twice a month."

Her fitness routine keeps her in top form for her favorite hobby: sailing. "My whole family sails," she says. "We'll charter a boat for the four of us and captain it ourselves." &