

AD REPORTER

By Martin Covert



For fitness

If you are intimidated by the gym scene or need to change your fitness regimen, consider **Salire Fitness Wellness**.

It's a new personal training center in an impeccably maintained double-turned-single at 214 N. Jefferson Davis Pkwy. (between Canal and Bienville).

Trainer Nolan Ferraro recently reopened the location, which had originally started up in July of 2005.

Ferraro and two other trainers at Salire provide a "boot camp" training philosophy where a cardiovascular workout is carefully combined with weightlifting, Pilates and suggestions for total wellness.

"We concentrate on functional training that helps you maintain strength in a balance. You're not going to bulk up too much (unless that's what you want to do)," he says. "You're going to be able to lift your groceries in and out of the trunk without hurting yourself. In training, we replicate real-life rotational movements."

Weight loss and increased energy inevitably follow, he suggests.

The cardio equipment at Salire is also available for use from 6:30 a.m. to 8 p.m. Mondays through Saturdays, when trainers are on hand.

No contracts or dues are required. Choose training sessions of 30, 45 or 60 minutes.

Fees, tours, more details: 821-4896, salirefitness.com.

ExecuCare

New Orleans investor Mike Sanders discovered an alternative rehabilitation treatment to help him recover from what he describes as a "longtime addiction to alcohol and more recent addiction to OxyContin and Xanax."

The Neurotransmitter Restoration (NTR) amino acid treatment "effectively treated my addictions" in a 10-day, outpatient program that allowed him to continue to conduct business, says Sanders.

His successful stint was in January 2005. He and his wife, Kevin Clarkson Sanders, opened an **ExecuCare Addiction Recovery Center** in Norcross, Georgia, in 2006, offering the same program.

He has opened a second ExecuCare center at 114 Village St., off Brownswitch Road in Slidell.

"ExecuCare believes that the physical form of the disease of

addiction must be treated first," says Sanders. "This will restore clarity of mind and better prepare individuals for life changes that promote recovery. It's about reclaiming your life, and I want to help others do what I have done."



The clinic is designed for discretion, comfort and relaxation, he says. A business center is on hand so clients can continue to work during their daytime treatments.

Pictured: Slidell Mayor Ben Morris (left), ExecuCare founders Kevin and Mike Sanders at the recent opening. *Complete details:* (985) 201-7534, execuarearc.com.

Green nursery

Consider a drive to **Folsom Foliage & Plants**, the three-acre nursery where thousands of plants that thrive indoors (and outside in warmer months) are grown and sold to wholesale vendors and retail customers.



New owners Toni and Chris Bannon have filled their greenhouses and retail shop with the best of plants, and their pre-Easter prices are a plus.

Look for blooming peace lilies (*spathiphyllum*) at \$6, \$8 or \$10 in pots of the same inch size as the price.

Also on hand: one of the area's nicest selections of new crotons, bromeliads, scheffelaras, zebra plants, all kinds of ivy, and more.

Address: 79389 Boudreaux Road, eight miles from downtown Covington, off Highway 1077. *Hours:* 8 to 5 weekdays, 9 to noon most Saturdays. *Inquiries:* (985) 796-3237.

Recycle

The City of New Orleans Department of Sanitation has placed a survey in an advertisement on page A-26 of *The Times-Picayune* today. If you have an opinion about the possible return of curbside recycling, consider filling out the form and mailing it in.

Ad Reporter: (504) 826-3128, mcovert@timespicayune.com.