

LINDA MANDELBAUM
Health Coach Crusades For Healthier Teens



Linda Mandelbaum

BY ALLISON KUGEL

Linda Mandelbaum, a board-certified holistic health counselor, is the owner of The Teen Health Coach, part of the new trend in adolescent health and weight loss.

Linda is in private practice counseling adolescents who are struggling to maintain a healthy weight. Linda's office is in Great Neck, and she also coaches via Skype.

Linda reports that by the time parents reach out for help, they are often overwhelmed. "When teenagers are overweight and their self-esteem is suffering, that is when parents call me for private coaching," she says. Linda works in conjunction with physicians, including adolescent medicine physician Dr. Jane Swedler, MD, chief of adolescent medicine at Winthrop University Hospital in Mineola. "I consider Linda's service to be complementary to my practice," asserts Dr. Swedler.

In describing her process, Linda explains: "When I work with teenage clients, we use my Teen Wheel of Life diagram. We look at all areas of their life to determine where weight issues stem from. We then implement my techniques to reach their fitness goals." She takes her teenagers on educational field trips to the grocery store and to snack and meal demonstrations. She helps them establish fitness routines. And she guides their self-expression through reflective practices, such as journaling.

theteenhealthcoach.com
516.695.4712

BILL GRIMMER
Top Dog Trainer



Bill Grimmer and Frances Hayward's Arrigo

BY ISAIAH NEGRON

Canine guru Bill Grimmer is top dog when it comes to developing behavior and skills for man's best friend. In the Hamptons and New York City, he has trained the dogs of Amanda Hearst, Anne Hearst and Jay McInerney, Christie Brinkley, and Frances Hayward (her Amigo is a rescued potcake from the Bahamas).

In 2003, he started Grimmer's Canine College, a learning center for a range of classes that teach about dogs' various behaviors and specific skills. "Training a dog is just learning to communicate, understanding what the dog is relaying to you," Bill explains. One of his accomplishments was training more than 100 German shepherds to assist with border security for the Texas Narcotics Control Program.

Bill's favorite perk of the job is solving clients' problems and making each happy with his or her pet. "It comes down to understanding the dog and rewarding good behavior," he says. "It's all about environment and behaviors." Grimmer was the first to train shiba inus to locate drugs, and he made it the first breed able to detect LSD.

In 2012, he teamed up with Southampton philanthropist Jean Shafiroff to help the Southampton Animal Shelter improve the lives and demeanors of the dogs they care for. "I wanted to spend some time working at the shelter. I would love to see all shelters understand the training concepts I teach," Bill says. "It would make dogs everywhere much more adoptable." Now adding animal advocacy to his legendary training, Bill's biggest goal is to ensure that every dog does has its day.

bill.grimmer.com