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## Cindy Sherwin, Ironman

A tribute to our longtime friend and advisor.

### Cindy Sherwin

We are incredibly saddened to announce the passing of our colleague and friend, Cindy Sherwin. A FITNESS Advisory Board member, Sherwin was a dietician and personal trainer based in New York City. She was training for an Ironman triathlon last week when, while riding her bike, she suffered a brain aneurysm. Sherwin died on April 26, 2007, at the age of 33.



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Cindy, left, with Lisa Renwick

Cindy's family is establishing a foundation in her name to support a wide range of health and wellness issues. Donations should be sent to:

The Cindy Lynn Sherwin  
Memorial Foundation,  
c/o Mr. Richard Sherwin  
182 Leetes Island Road  
Guilford, CT 06437

### A few words

"Cindy was more than just another trainer we'd call for the occasional quote or question. She 'got' FITNESS because she lived fitness -- both in her job and in her day-to-day routine. She was one of the most intelligent persons I've had the pleasure of working with, deeply knowledgeable not only about the fundamentals of fitness and nutrition but also about how to make exercise a fun and seamless part of your day. She shared both the practical (how to keep chlorine from your hair when swimming: rinse it in seltzer after your workout) and the scientific (she could break down the latest study in nutrition or physiology). But she was also so much more -- warm, engaging, funny and generous with her time and skills. We will miss her greatly."

--Alyssa Shaffer, the magazine's Fitness Director

"I really enjoyed our work during the year-long Fitness Makeover. Cindy's input was very much like her body type; compact with razor-edge clarity. One of my favorite memories was during a brunch at Lisa Renwick's house when we were celebrating all that Lisa had accomplished that year. We were all talking about holidays and food, and how if you're not careful, how easy it is to get off track. Cindy piped in, 'Only if you tell yourself it's hard, does it become hard.' We all laughed. Once again her mind over matter mindset of staying true to one's goals blazed through."

--Lois Barth, life coach for the FITNESS makeover

"Cindy's enthusiasm for health and wellness was infectious. She had a way of encouraging you to limits beyond what you believed possible. She wouldn't let me use my ailments as a crutch. She taught me how to modify some exercises that helped me to work through some of the discomfort. When it came to food, she was direct: 'Lisa, only one Skinny Cow. Cut it into two pieces if you have to.' She was tenacious and boundless, and an excellent role model."

--Lisa Renwick, FITNESS makeover subject

"I knew Cindy for such a brief time, but she was an inspiration and had a wonderful spirit that will live on in so many she

came in contact with. I hope her passion for health and wellness lives on in those she touched. The outpouring of love at her memorial in New York City showed just how much she was loved and will be missed. My deepest sympathy goes out to her friends and family in this very difficult time."

-- Leslie Rice Hart, trainer for the FITNESS makeover

She was a joy to work with and we will miss her tremendously.

--From the Editors

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