

Greetings,

I hope your fitness is up and flowing. Spring is on its way, so hold on if you don't like winter. In this newsletter, I will be sharing an update on classes I am teaching and two lists of 10 items around fitness. Things that I think are important for you to know. But, before I go there, I am real excited to say:

I am working with Yvonne Fried and with her, I have a web page. To get there go to www.BeHealthyNow.org. We are just in the beginning so there is a lot of work still to do. If you check it out, please sign up for it and let me know of anything you think I can change to make it better. I send an early thank you.

Ok, here are the class updates:

The yoga classes at the Ashland Y have been going very well. The numbers have been more than anyone ever suspected. I have capped the class at 30 so if you want to come, come early to get a place. It would also be good to bring your own sticky mat. The Y has only a half dozen or so and there are students in each class doing yoga on the floor. I do sell sticky mats for \$10.00. If you want one let me know.

The yoga class at the Y is on Mon and Wed from 5:45 to 7pm. In February I will be substituting for Brooks at the Hidden Springs Wellness Center. I will teach Tuesdays and Thursdays from 4:30 to 5:45. Feel free to come to these also. There is a fee and I am not sure what it is, but if you call 488-8858, I am sure they could tell you. Classes at the Y and the Wellness Center are all open to beginners.

One last yoga item: I will be offering two free yoga classes at the Providence Hospital in February. They are on Feb 6 and 13th from 12 – 1. Feel free to come or if you know someone in Medford, let them know about this.

The spinning class is also doing well. There are regulars that keep coming back. Each class goes on a bike ride to visit a location. The plan is to tour around the world. We were in Switzerland on Jan 30th and will possibly be in Italy on Feb 6. If you want to bike around the world with us, come along, the class is offered only on Fridays from 9:30 to 10:30.

Ok here are the fitness lists:

This first one comes from the Personal Fitness Professional magazine, January addition.

Top 10 Reasons to Stretch:

1. Decrease the risk of low-back pain
2. Promote circulation
3. Prepare the body for the stress of exercise
4. Improve mechanical efficiency and overall functional performance
5. Reduce muscular tension and enhance muscular relaxation
6. Help reduce or manage stress
7. Improve posture

8. Help relieve post-exercise aches and pains
9. May reduce your risk of injury
10. Decrease muscle stiffness and increase range of motion

I know you have heard a lot of these from me. It is great to find more reasons why to stretch. How can one not stretch!?

This next list comes from the American Council of Exercise (ACE). This is the top 10 mistakes seen most often in gyms. ACE came up with this list by asking 3,000 fitness trainers. I have underlined and wrote in bold face the mistakes that I see most often. Please if you are in a hurry, just read the underlined areas. Here is what they reported:

1. **NOT STRETCHING ENOUGH!!!!** The best time to stretch is immediately following an aerobic activity while your muscles are warm and pliable. Flexible muscles are far less likely to be strained or pulled than tight ones.
2. **LIFTING TOO MUCH WEIGHT!!!** The best way to guarantee yourself an injury is to try to lift more weight than your muscles can handle. **Gradual, progressive resistance is a far more effective – and safe- way to increase muscle strength.**
3. **NOT WARMING UP PRIOR TO AEROBIC ACTIVITY.** Muscles need time to adjust to the increased demands of aerobic activity. Rather than hitting the treadmill running, for example, take a few minutes to walk, build up to a light jog, and then hit your stride.
4. **NOT COOLING DOWN AFTER ANY TYPE OF WORKOUT!** Too many people wrap up their workouts and head straight to the showers. Instead, **take a few minutes to** lower your heart rate and **stretch your muscles.** **Not only will you improve your flexibility, but you will be better prepared for your next workout as well.**
5. **EXERCISING TOO INTENSELY!** This is the primary vice of the weekend warrior, the individual who tries to fit a week's worth of exercise into a Saturday afternoon. **For weight loss, it's more effective to sustain a moderate workout for longer periods of time than to exercise intensely for only a few minutes.**
6. **NOT DRINKING ENOUGH WATER!!!!!!** This cannot be said-or heard- too many times. **Unless you're exercising for more than two hours per day, water can fill all your fluid needs.**

7. **LEANING HEAVILY ON THE STAIRSTEPPER.** Supporting your weight on the handrails while cranking up the intensity defeats your purpose and puts excessive strain on your wrists and elbows. Try lowering the intensity to the point to which you can maintain good posture while lightly resting your hands on the rails for balance.
8. **NOT EXERCISING INTENSELY ENOUGH!** You want results, but are you working hard enough to get them? While it's true you don't want to overdo it, you should **exercise intensely enough to work up a light sweat, get your heart beating up into that training zone, and feel a sense of satisfaction for having completed your workout.**
9. **JERKING WHILE LIFTING WEIGHTS!!** This goes along with number 2-lifting too much weight. **The most effective way to train is to control the weight-the weight shouldn't control you.** If you have to jerk the weight, it is probably too heavy, which can lead to strain and injury.
10. **CONSUMING ENERGY BARS AND SPORTS DRINKS DURING MODERATE WORKOUTS.** Unless you're working out for longer than two hours per day, you really don't need to supplement with high-energy bars and drinks. High energy is often a code word for high calorie, which is the last thing someone who is trying to reduce their body weight needs. **A well balanced diet and plenty of water are sufficient to meet most exercisers needs.**

Thanks for taking care of your body. You are doing a great job. I know winter has carried a lot of sicknesses and I really hope you are completely over that and are back to resistance and cardio workouts. Hope to see you soon.

Let's rock with fitness!!

Carol Lee