

Greetings,

Gosh have we ever had an early spring!!! So nice it has been to get out and bike and walk. I hope you have been able to enjoy this weather and your workout is going as you want it to go. I have sent emails to several of you about the goals you wanted to achieve when we first got together. I would love to hear back from you on how your achievements are going. If you aren't achieving what you want, take a good look at what you want and really check in with yourself on this want. Make sure you really want it and know specifically what you want. I have been studying NLP and would love to work with you to help you go deeper in the journey of achieving the goals you have set out for. Let me know if you want another style of help.

This month I have included some flyers on classes I will be teaching starting in April. Feel free to come to the classes and/or print the flyer and post them or give them to a friend. To let you know a bit about these classes, read on. I will also bring in some information from a Consumer Report article on sticking to your workout. At the end, I have info on a bike I am selling. If you are looking for a bike, check it out below.

I am excited to say that I will be teaching a yoga class at Ashland Yoga Center on 4<sup>th</sup> and 'A' Street, here in Ashland starting April 1<sup>st</sup>. This has been a dream of mine for quite awhile so I am grateful to be on board there. The class will be on Fridays from 12:30 – 1:45. It will begin with an 8 week series of beginning yoga poses to help with the understanding of the universal principals of alignment. After May 20<sup>th</sup> I will continue teaching the class and bring more than yoga basics. I hope to work up to inverted poses.

Baxter's is continuing to grow. Currently I am there only on Monday and Fridays from 9:30 – 12:30; my Baxter yoga days. The yoga classes here are finally beginning to form. There is a core group of 8 students and it is so different from my yoga classes at the Y, where I have anywhere from 30 – 50 students. The Baxter's yoga class is for older people and I teach the class to what the students need. It has been a great class.

If you are interested in yoga, I encourage you to go to one of my smaller classes, Baxter's or AYC. The Y classes are too large to really learn about your body and how to take the universal principals with you in everything you do in life. As a teacher, it is very difficult to help students grow and become better yogis when there are more than 20 in a class. The Y classes are great if you want a workout.

The winter Osteoporosis Prevention classes at SOU have been fabulous. There is a strong core of 10-12 students who are so dedicated to strengthening the bones in their bodies. It is such a delight to be with women who care so much about themselves. I will continue to teach this class in the Spring term. Classes begin April 4<sup>th</sup> and will be from 7:45 – 8:45 am the first week and hopefully 8 – 9 from week two on.

The January 2005 Consumer Report had a special section on health and fitness. One article was entitled "Making Workouts Work". Their quick take stated:

“In our groundbreaking survey of 21,750 readers, successful exercise revealed how they fit workouts into their day and keep at them, day after day. With some simple strategies, most of us can do what all of us know is good for us:

- ? You can fit workouts into your life in small chunks and tweak your schedule to stay on track. At least one-fourth of respondents found time for regular exercise although they had full-time jobs, young children at home or both.
- ? You needn't be a jock or join a gym. Walking was by far the most widely practiced fitness activity of successful exercisers. If you can add other workouts, so much the better.
- ? Weight lifting isn't only for bodybuilders. It can slow the loss of muscle and bone mass. Successful exercisers of all ages, even those over 70, were 10 times more likely to use free weights than people who didn't exercise regularly.
- ? More than half of respondents who worked out regularly and used exercise to treat depression, a heart ailment, back pain or diabetes said they and their doctors agreed that exercise helped a lot.”

We have been speaking this year, about what helps you or me to stick with an exercise plan. In the Consumer Report they listed various methods that people use to encourage themselves to exercise. Here is what their list looked like:

Pick the same time of day	56%
Exercise near home or work	48%
Exercise outdoors	42%
Join a health club	32%
Exercise with friends or family	24%
Weigh yourself	20%
Watch TV during workout	15%
Walk the dog	11%
Listen to music during workout	11%

How do these rate in your day to day life? What works best for you?

The ticket is, if you want to lose weight, get fit, tone down, improve cardiovascularly, get stronger the only answer is, to exercise regularly. That sometimes is easier said than done but it is the answer. Sometimes there are other emotional, subconscious and/or conscious things that seem to keep us from doing what we know is the right thing to do or keep us doing too much of something that doesn't allow us to reach the goals we have set out to reach. Really check in with yourself. How are you doing with your goals? Is there something keeping you from achieving what you really want? What do you really want? Are you willing to work to get it?

I know many are achieving their goals and I stand proud of the hard work you are doing to accomplish this. Perhaps, to you, it doesn't seem like hard work, but to stay dedicated and focused is huge and I congratulate you! I would love to hear from those of you I

haven't connected with for a long time. I think of you all a lot and hope it all is going well.

Last but not least, I am selling my Giant Mtn bike for \$30. This bike is purple and I have called it my Truck from the very beginning. It is called this because I set it up so I could go camping, touring or do anything I wanted on it. It is a heavy bike with roadish tires, not mountain bike tires and it runs well. I am selling it to let go of a bike I never use any more. Let me know if you would like to try it out. This will go on a first come first serve basis.

Have a great March and hope to see you at a class in April if not in March or in a fitness arena that works best for you. Take a deep breath right now and be here right now.

Enjoy another month!

Carol Lee