

# You Can Do It! LLC

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## June 2010: Summer is Here!

Greetings fitness buffs,

The *Healthy Living* May 2010 issue came out and I wanted to send you a great big THANK YOU for telling Healthy Living about the classes I teach and you attend. I was one of the favorite Exercise Class Instructors. Thank you for taking the time to acknowledge the work I do. You are great and it is fabulous having you in my classes.

This newsletter gives you updates on current classes along with a story from someone in each area.

### Building Bones

The **Building Bones** (BBs) class currently strengthens over 30 students. One student recently had a DEXA bone test to see how her bones were doing. Her last test was three years ago and I am so grateful to say that her spine has increased (it is denser) and the hips (femur) have stayed the same. This student has been a regular attendee for many years, is an avid fruit and vegetable eater and takes Vit D and Calcium.

The BBs class takes place through the Parks and Recreation Dept. The money you pay for this class helps support the Ashland Parks Department. We meet each **Monday, Wednesday and Friday** from **8 – 8:55 AM** at the **Grove** on East Main St near the police station. You can choose to come to one class each week or two or three. Participants pay according to how many classes they will attend in each series.

The Building Bones summer schedule is:

**June 23 – July 26**

**August 2 – Sept 3**

Costs for these series are:

\$32 (5 classes)

\$53 (10 classes)

\$57 (15 classes)

**Sept 13 – Oct 1** (the Parks' catalog has a different start date. This is the updated correct start date.)

Costs for this series are:

\$19 (3 classes)

\$32 (6 classes)

\$34 (9 classes)

These Building Bones classes are filled with amazing participants. Below is a link to Christine Northrup's article on Osteoporosis and Diet. This link came from a couple of the students. If interested in the article go to:

[http://www.huffingtonpost.com/christiane-northrup/osteoporosis-treatment-a\\_b\\_585528.html](http://www.huffingtonpost.com/christiane-northrup/osteoporosis-treatment-a_b_585528.html)

On this note, I just received a notification from the National Osteoporosis Foundation that on **Tuesday, June 29** at **11:00** Pacific time Jeri Nieves, PhD will give an on-line talk titled **Nutrition for Your Bone Health**. To see/listen to this go to [www.nof.org](http://www.nof.org) and register for the webinar. You can also call 1-866-702-3278 for more information.

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## Yoga

The **yoga** class at Baxter Fitness Solutions continues on **Thursdays from 11:30 – 12:30**. A student in this class recently arrived to class after having driven a day and a half. When she arrived she said she felt creaky and after class she was all loosened up again. She felt normal and happy!

Yoga costs are currently:

\$11/class when you pay for a month in advance

\$13 drop in fee

## Nordic Walking

A **Nordic Walking** class is currently taking place at The Manor in Medford. A student in that class commented on how once he started walking with the poles he was standing up straight. He said that each time he walks with his wife, if he is leaning forward, his wife tells him to go get his poles!

Nordic walking classes happen when there are students interested. The next Ashland class will be on **Tuesdays from June 29 to July 20 at 8:30 – 9:30 AM**. The first class always meets in **Lithia Park**. There will be four classes and each class meets in a new location. The locations will be announced at the first class. **Cost is \$55 for the full series.**

Call **541-482-1887** to register for this class.

I continue working with individuals, one-on-one. One client recently told me that in order to make the weight and health changes she has wanted for so long, she had to change her old life patterns. She now makes exercise a priority and really pays attention to what and when she eats. Best of all, she feels more alive and she is wearing clothes she hasn't worn in years.

If you are interested in classes or working one-on-one, contact me, let me know and let's see what we can put together for you.

Thank you for all that you do for yourself.

Carol Lee Rogers