

FALL '11

# PILATES BODY

*a Stronger Core, a Stronger You***IN 10 SESSIONS**

YOU WILL FEEL THE DIFFERENCE

October  
Get Fit, Get Healthy

## Monthly Notes

### Tuesday

Magic Ring Mat Class 10-11am  
Drop-in \$20.00 please call ahead

### Wednesday

Lunch Mat Class 12:15-1:00pm  
Drop-in \$15.00 please call ahead

### Monthly Special

Sign-up for One of the Mat class and receive \$30.00 off

Sign-up for BOTH classes and get them for \$200.00

### Monthly Pilates Tips

It's always best it go back to the basics. This month **BREATH**

What it means: *focusing the mind to conscious breathing and to accompany movement for maximum fluidity.*

Seated or Home position: Hands wrapped around ribcage, shoulders down.

Inhale through your nose, expanding ribs wide as you press gently with your hands. Exhale through your mouth, funneling your ribs narrowly to your bellybutton. Lifting your pelvic floor.

Set a timer: 1min - 5min

We are blessed that we live in a state and in an area, where it never gets depressingly gray, cold or rainy. Yes, we will have gray days, yes, we will have cold and rain, but over all, **it is beautiful! Let's embrace it and use it!** Here are some great tips to stay fit and healthy during a season in which we need to welcome the Holidays and the chaos that comes with it-



- **Walk:** Get out and enjoy the change. Beautiful leaves falling right in front of you, a gentle crisp kiss from the air. Go by yourself if you don't have anyone. Listen to your thoughts and heart. Find peace among the chaos.

- **Embrace yourself:** Weather you are 30 or 75 expect body changes and respect them. Continue learning and give out the wisdom that you have learned.
- **Home Cooked meals:** I know we live in a time where eating out seems to be the norm - Stop the NORM and get some 30 min. meals together. It's healthier and better for your family.
- **Beat the low- energy hype!** Take care of yourself- YOU matter. Eat every 4 hours, small balanced meals, fit your exercises in and embrace the chaos with beauty and ease.



**THE MUST HAVES OF THE COLD AND FLU SEASON**

**Vitamin C**



Reduces your risk of catching a cold *only if you are under extreme stress*. Taking the vitamin will relieve symptoms and shorten the length of a cold.

Take 250 to 500 milligrams year round.

**OR**

Five serving of fruits and vegetables a day 200mg.



**Echinacea**

It reduces your chances of getting a cold by 58%.

It can help beat a virus before it develops into a cold and shorten the symptoms if you have one.

900mg a day for two weeks before you're going to be in a germ situation. (like a flight).



**Vitamin D**

This helps regulates your immune system.

It is Difficult to get D from food that your body absorbs.

800 international units all year long.

**Zinc**

Rev up your immune system by creating cells that attack bacteria and viruses.

Take 10mg once or twice a day from Fall until the end of cold and flu season.



**Healthy Tip**

**EWWW Germs!**

Did you know that the average person will lose between two and five days of work during the cold and flu season? Let's not be average! Here are some great reminders of ways to nip the cold and flu season in the bud!!



Hand sanitizer: Use it after touching rails or door knobs.

Wash your hands: Keep hand soap next to the sinks and wash before and after preparing food.

Get your rest: Get your 8 hours of sleep in. Your body needs it and you only have one body....and getting rest will lessen the likelihood of weight gain.

Emergen-C: Drink hot or cold.

Vitamin C: Keep them close

Drink Less alcohol....hey I didn't say NO alcohol!

Eat: Well balanced meals with fruit , veggies and protein

Disinfectants: Use them!

Workout: Get at least 20 min of exercise in. When doing so certain immune system cells circulate at a higher rate.



**5 immune boosting foods:**

Yogurt: Probiotics that strengthen immune system.



Eggs: Amino acids, zinc and Vitamin B they build up white blood cells and antibodies.

Ginger: Fights viruses by helping your body sweat out toxins.



Garlic: Sulfur-based compounds that may keep your body free of infection by boosting your immune system.

Red Bell Pepper: One pepper contains 200mg or more of Vitamin C (oranges have about 70)

