

LAMORINDA WEEKLY

Wednesday, January 9, 2008 ▪ Volume 01; Issue 24 ▪ www.lamorindaweekly.com

Mindful movement options in today's fitness world can provide opportunities for renewal, relaxation, rejuvenation and a whole new body!

By Kerry Silverstone

Mind/Body fitness has evolved into a proliferating innovation of movement choices designed to help soothe one's demanding lifestyles. A multitude of diverse classes in our health and wellness centers have taken storm for our forever fitness fanatics as well as for people of all ages looking for programs designed to help them find balance with body sculpting. With a proactive strategy to more calmly face day-to-day challenges, get in shape and to decrease risk of injury from activities of daily living, movement can be medicine for the rest of your life!

Community residents need not travel to destination resorts to fulfill their 'get away from it all' needs due to local programs which provide day-to-day movement opportunities for a holistic lifestyle. With education now available from local fitness and mind/body professionals, we now realize that health and wellness are far more than high heart-rate driven modes of exercise.

Enhance physical, psychological and emotional well-being

Formats such as multiple styles of Yoga, Pilates, Nia, Feldenkrais, T'ai Chi, Stretch, Meditation, Core and other Mind/body fusion formats have grown to be extremely popular because they provide physical challenges as well as life balance and emotional awakening. Programs and services such as Pilates Reformer, Wellness Coaching and even a menu of Spa services all feed the needs of individuals looking for a healthy retreat within close proximity of their homes, and they can often find it all under one roof.

Creative Mind/Body ideas add flare and flavor for all populations

New programs such as those targeting teens are now a viable source and service to local schools with cut backs on physical education. Pilates programs for golf, tennis, baseball racquetball players can help create a competitive edge for an athlete who is looking to surpass his competition. Yoga, Pilates and conditioning programs are now available in your neighborhood for seniors, pre/post natal moms, Cancer patients and survivors, those individuals living with osteoporosis or even Cerebral Palsy. Meditation formats can reduce stress both in mind and body. All mindful sources of movement can empower and reduce stress from the physical and mental challenges of daily living.

Think beyond their hearts!

With the broad spectrum of Mind/Body programs right in our backyards, we can and must redefine ourselves. Today's world of health and wellness professionals can nurture your needs, touch you with inspiration and encouragement and erase the 'you must look like Arnold or Rocky' stereotypes of yesterday's health club cultures. With these modes of movement, you will discover that you walk away feeling like you have given yourself an active massage. Or, if that's still not enough, most centers have or are affiliated with massage therapies to complete your trip to a 'feel better' local resort!



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