

I Resolve...to Get in Shape

Lamorinda's fitness clubs can help!

CoreKinetics Pilates



Owner, trainer and dance and movement professor with 36 years of experience, Carolyn Mueller studied Pilates with Master teacher Eve Gentry, who trained directly with Joseph Pilates. In her studio, your first session will be a fitness analysis. This includes a Posture, Alignment and Gait analysis. You will experience a personal workout specifically designed to enhance your body. You may select from single sessions, duets, or a class of 3. Class size is limited for a better client experience.

DEVELOP:

- A stronger back
- Flat abdominal and transverse abs
- Flexibility, strength, and muscular endurance
- A precise way of moving

CORRECT:

- Any muscular imbalances
- Poor posture from work-related activities

STRENGTHEN:

- Alignment
- Weak muscles

You will learn to move in a lyrical more flowing well coordinated manner with increased strength and balance. Leave your workouts feeling energized, fluid and pain free.



50 Vashell Way, #120, Orinda
925-708-3279 www.corekinetics.com

Lafayette Health Club



LHC is approaching the 30 year mark. Owned and operated by Debbie Swigert.

Lafayette Health Club has personality! We educate, encourage and inspire! Our members love how our atmosphere is friendly, low key and un intimidating.

LHC is "Where the people are real and so are the results!"

LHC is bigger than it looks from the outside. We have 2 floors of fitness.

We offer everything the larger clubs do but on a smaller scale.

LHC is all about fitness and health. We care about their members.

We offer Personal and Pilates one on one training, small group training and group fitness classes.

Zumba, Spinning, Circuit, Strength, Yoga and more. Stop in anytime for a **FREE** class or just a workout.



85 Lafayette Circle, Lafayette
284-7732
www.lafayettehealthclub.com

In Forma Integral Fitness



Andrea Colombu, owner and operator

Individually owned and operated for over 16 years, In Forma continues to offer excellent cutting-edge health and fitness services in its Orinda location.

Since its expansion in 2008, which added a new airy and welcoming fitness studio, In Forma has renewed its focus and orientation by offering a new approach to fitness characteristic of its known progressive style.

With *Integral Fitness* as the new driving force, In Forma's fitness programs and trainings integrate contemporary exercise science and highly effective class formats like Pilates, Boogie Box, Body Blast, Fitness Booth Camp and Integral Fitness with the wisdom of ancient practices like Yoga, Tai Chi, Kung Fu and Qi Gong. Additionally regular workshops are offered in the areas of Stress Reduction, Yoga, Wellness and Life Style Changes. "Integration of different and compatible programs and disciplines is key to maximize results and provide the necessary balance needed for today's life style demands", say owner, operator and Integral Personal Trainer Andrea Colombu MA.

In Forma's New Year Fitness Special is available now: \$190 for 3 months with no enrolment fees



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Take the Body You Have; Make it the Body You Want

By Edan Rubin

"New Year's resolution time, I want to fit into those old jeans!" "Boy, the holidays really did a number on me; I've got to get in the gym!" "Man it would be great to just drop these ten pounds and tighten up." "I really just want to look and feel better." Particularly around this time of year, sentiments such as these are all too common. Whether the goal is five pounds or 50, getting stronger, slimming down, achieving better health, or most commonly some combination, we all love the idea of working out and getting results. And why not? The idea of transforming our bodies is very exciting and can be highly motivating. There's no question that most of us have the desire to change for the better; that desire is a great start, and it's critical for success. Unfortunately, the more critical part, namely the tools and knowledge of how to make those changes, is something that most of us simply lack.

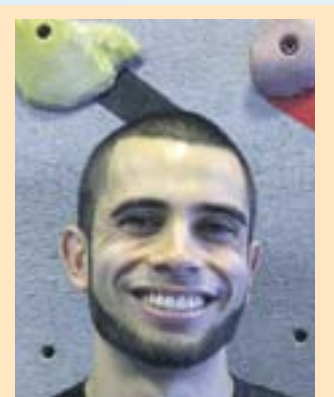
How many of us have (or know someone who has) ambitiously joined a gym or started a new fitness program and been unsure of what to do, or even why we're doing what we're doing? We often wander into the gym, spend some time on the treadmill or exercise bike, maybe use a few weight machines, and call it a day; ultimately we exercise inefficiently or even counter-productively. We don't really know how to work out and consequently, we have no idea what kind of results to expect. This sort of aimless, unguided exercising almost invariably leads to frustration and loss of motivation, and causes us to believe that changing our bodies is simply too hard, that the time we spend isn't good enough and we're just not in complete control of our results. In reality however, all we're missing is the understanding of what to do, and why to do it.

Perhaps the simplest, most fundamental (yet often overlooked) principle of fitness is the importance of elevating the heart rate. Getting our heart rate up is the sin-

gle most important part for an effective workout. It's critical for better cardiovascular health and burning calories, and plays a vital role in other workout principles, such as the necessity of both weights and cardio training. Similarly, it can be used to improve our fitness throughout our daily lives, particularly for those of us whose jobs involve minimal movement.

Parking farther from the office and walking, skipping the elevator for the stairs, always taking phone calls standing up, getting out of the chair every hour for a brisk two-minute walk are all practical, effective habits to implement during the work day that really add up. Not only do these help us burn extra calories, they increase our metabolism and keep muscles and joints from stiffening up. Ultimately, small changes like these go a long way in improving our health habits and better preparing us for our workouts.

We all want to look better, feel fitter and be healthier; it's natural and for most of us, it's downright necessary. The body we want is waiting for us; how long will we wait before making it a reality?



Edan Rubin is a UCLA graduate and a certified personal trainer of the National Strength and Conditioning Association. He currently lives in Orinda and provides personal training both in-home and at Forma Gym in downtown Walnut Creek. He can be reached at 925-948-5972 or at edanrubin@gmail.com.

Stress Without Strain in 2011

By Dr. Theresa Tsings, DCMS

At this time of year many people are experiencing significant levels of stress. Situations such as the loss of a job, illness, relationship difficulties and other significant disappointments present themselves all year long and must be dealt with but seem even more challenging during the holidays. The purpose of this article is to explore options for diminishing or relieving the very real stresses we face and to experience more peace in our lives. Below are four simple and effective coping skills:

1. Put it in Perspective - It's my opinion that high stress levels result from both the *reality* of and the *perception* of the stressful events. As Coach Charlie Widemeyer (who suffered with ALS) once said, "Pain and suffering are inevitable - but misery is optional." Emotions stemming from stressful events are part of human experience and shouldn't be denied or ignored, however a chronic negative outlook intensifies and increases the stress response. The phrase "Thoughts are things" applies here. Negative inner dialogue triggers a physiological change, activating the brain and nervous system via a "Fright, flight and fight" mechanism. The stress hormones produced raise blood pressure and heart rate, decrease digestion, imbalance blood sugar, and damage brain cells. Conversely, positive, calm thoughts and coping mechanisms diminish the physical experience of stressors in the environment. Therefore,

as stressful events unfold it's advisable to pause briefly to reflect on positive things in your life and remind yourself that the current situation is a passing event not tied to your entire existence.

2. Deep Breathing - This is perhaps the most effective measure that can be undertaken in any moment of the day to reduce stress. During a commute, a challenging meeting, in the heat of one's daily grind and in its aftermath, a routine of focused breathing is a restorative and centering exercise. Breathing is something we do anyway, so why not do it in a way that makes life easier and the body healthier? Deep, slow abdominal breathing is free, unnoticeable to others, and slows down the stress-cortisol system, sending an "It's all right" message to the brain and body. Note: breathing deeply will also improve libido and mood, as it activates the part of the nervous system that controls pleasure centers.

3. Eat well and Exercise - When eating healthily, brain blood sugar stabilizes, which is critically important for clear and stress-free thoughts and emotions. Exercise improves circulation to the body, resulting in improved brain function. Good nutrition and regular exercise can correct many imbalances, lead to reduction of distress and illness, restore vitality, and consequently add more joy to everyday events. And a great by-product of this is losing weight. How to fit it into a busy life? Put it on your schedule,

then as George Carlin said, "Always do whatever's next" and begin to integrate it into your life gradually until you find the right levels for you.

4. Connect with Others - For some it seems that friends and family should not be "burdened" with stories about one's stress, especially at this time of year when one is expected to be cheerful and happy. Yet these connections and sources of support are essential to living life in a positive and balanced way. It is a truly beautiful gift, unique to each of us, to both receive and lend support, a personal declaration of love and faith in the human spirit. "In the progress of personality, first comes the declaration of independence, then a recognition of interdependence," wrote Henry Van Dyke. The wonder of connection with others is that just a little attentiveness and honesty can open the heart and reduce the stress that would otherwise intensify with isolation and oneliness.

I hope during this new year that stress eases up for everyone. In the meantime, let these suggestions help you to experience "stress without strain!"



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