

HEALTHLINES

B O D Y
symmetry

Winter 2007



One person with a belief
is equal to the force of
99 people who only
have interests.

-John Stuart Mill

The unselfish effort to
bring cheer to others will
be the beginning of a
happier life for ourselves.

-Helen Keller

QUESTION:

Does the Fed Ex logo
have an arrow in it?

Chad's Corner

2007 will mark Body Symmetry's 15th year of business. Would I sound too nostalgic if I said, "I can't believe it has been 15 years?" Through hard work, lots of luck, top-notch employees and loyal support from our clients (you guys), we have had the good fortune to continue doing what we so passionately love doing!

Recently my sons, Quinn and Riley, asked me how I got started with my business. I told them I was laid off from my job as an insurance claims adjuster in the summer of 1992 and decided to start a fitness training business. I had been working part-time at a local health club for about a year as their first "guinea pig" trainer and so I thought I could make a go of it full-time on my own. The most difficult aspect at the time was the fact I had a 10-day old son and about \$900 to my name. However, after collecting a single unemployment check and declining a second interview with AT&T, I decided to go for it anyway. Quite fortunate for me, a good friend of mine in the insurance industry threw me quite a bit of work.

When I first started my business I primarily contracted with insurance companies to help recondition injured workers. This type of work took me all over the state. It was quite rewarding from a financial standpoint, but was totally burning me out with all the long hours. I did this type of work for 2 years before I realized I was going to have to make some changes. So, I decided I would make a focused effort to make the necessary changes to transform my business into something more suitable and sustainable. Nearly a year later I had transformed my business into essentially the smaller model of what we are today.

The point I was trying to make to my sons was that with perseverance, passion, a healthy degree of optimism and a commitment to action, dreams and goals will come true. I stressed to my sons how important attitude and action are to achieving success in whatever you do in life. Dreams and goals are wonderful to have, without action though, nothing will happen. You have to take a single step before you can take another. No matter what, you will always stumble along the way; that's why a positive attitude can make all the difference in the world!

So, in 2007 take the time to figure out what you want to do, how you should go about doing it (the steps) and get going with it. Yes, you will stumble along the way, but so what. Just keep your chin up and roll with it. In this edition of our newsletter, Betsy Link shares information on yoga and all its benefits. A perfect opportunity for you to increase your awareness and to try something new!

Yours in health,

Chad

There's no time like the present..... Take simple steps to improve your health now!

- Chew your food completely—breaking food down before it hits your stomach can reduce bloating
- Drink plenty of quality water—1/2 your body weight in ounces
- Cut out sugary and nutrient-poor drinks—this means diet soda too!
- Eat whole foods, the way nature intended—preferably organic.
- READ LABELS—If you can't identify most of the ingredients, you shouldn't be eating it.
- Try to follow the 80/20 rule—If you can live right 80% of the time, you can absorb the other 20%.
- Balance your nutrition with the right amount of quality proteins, carbohydrates and fats.

**NOW OFFERING...
YOGA CLASSES**

Wednesday evenings at 5:15pm
and/or
Saturday mornings at 10:00am

Contact Betsy for more information or to register
793-9972



FedEx®

ANSWER:

YES! Look closely....
there, between the E and the X.

Lesson: Increase your awareness



Exercise Spotlight

CAT POSE

The formula for change is when the
desire for change is greater than the
resistance to change.

-Brad Sugar

A great yoga asana (pose) to try on your own is the “Cat Pose”. This aids in the flexibility of the spine, upper back and shoulders. It can also help to improve breathing, digestion and circulation.

1. Start on all fours (hands and knees) with your hands underneath your shoulders and your knees directly under your hips.
2. Let your belly relax
3. Inhale deeply and then exhale as you round your back (like a cat). Tuck your tailbone under, drop your head and press your chin to your chest. Inhale as you lift your head and drop your belly back down, thinking about your tailbone lifting to the ceiling.
4. Repeat 3– 4 times.

When people think of yoga, they often think of overly-flexible, double-jointed people eating granola and chanting strange things. I must admit, when I began my yoga journey, I was a bit nervous about what I was getting into. However, over the past few years, I have found that there is much more to yoga than flexibility and vegetarian eating.

In fact, yoga is not about stretching at all; it is about proper body alignment and joint range of motion. Muscles are arranged to support the natural alignment of the skeletal structure holding bones into place which allows bones to bear the weight of your body. If the bones are well aligned, the muscles will need to do little work; however, if the skeleton is out of alignment, some muscles will have to overwork while others will be under-used. Over time, the muscles that have been overworked tighten up and lose their ability to relax. At the same time, the under-worked muscles become weak. This causes limited range of motion and stiffness.

A muscle working in proper alignment, such as those in yoga poses, will work and then relax. Therefore, continued yoga practice can help you achieve strong muscles and proper skeletal alignment. You will also be able to train your muscles to work AND relax. Hence the reason that many people think of yogis as very flexible; if yogis are not using a muscle it is completely relaxed, which makes them appear more flexible.

There are many different advantages to yoga, and everyone's experience is unique. I have personally increased my range of motion and even thought it is still imperfect. However, I know if I continue working, I will get there. I have also increased my running speed, decreased my joint pain and have more control over my stress level.

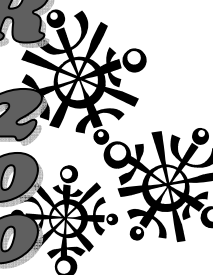
Yoga Alliance lists the following advantages of yoga on their website: www.yogaalliance.org

1. Stress Relief: Yoga reduces the physical effects of stress on the body by encouraging relaxation and lowering levels of the stress hormone cortisol. Other related benefits are lowered blood pressure, improved digestion, strengthened immune system and reduction of symptoms from anxiety, depression, insomnia, asthma and chronic fatigue.
2. Pain Relief: Yoga can ease pain.
3. Better Breathing: Yoga helps you learn how to take slower and deeper breaths.
4. Flexibility: Increasing mobility reduces aches and pains.
5. Increased Strength: Yoga postures use every muscle in the body, helping to increase strength literally from head to toe.
6. Weight Management: Yoga burns calories and reduces the effects of stress on your body. Also, it encourages healthy eating habits, provides a heightened sense of well-being and self-esteem.
7. Improved Circulation: Yoga poses help the body move oxygenated blood into cells more efficiently, thus increasing circulatory health.
8. Cardiovascular Conditioning: Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.
9. Better Body Alignment: Better alignment results in better posture and relief from back, neck, joint and muscle problems.

Body Symmetry, Inc. Human Performance and Conditioning

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RECIPE HIGHLIGHT

Fajita Chicken Wrap

- 4 oz. grilled chicken strips
- 1 cup red bell pepper strips
- 1/2 sliced and peeled avocado
- 1 - 8 inch whole wheat tortilla
- 1 tsp ground cumin

Place ingredients in tortilla and sprinkle with cumin. Roll up and enjoy!

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