

WORKOUT PANDA



Announcements... STARTING IN THE MONTH OF FEBRUARY, AEROBIC CLASSES WILL BE OFFERED TWICE A WEEK FROM 2:30 TO 3:30. A FINALIZED SCHEDULE WILL AVAILABLE TOWARDS THE END OF JANUARY.



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Fight Stress with Exercise...

Leave the stress in the year 2011! One way to take control of the stress in your life is through physical activity. Virtually any form of exercise, from aerobics to weightlifting, can act as a stress reliever. Neurotransmitters called Endorphins which are natural pain and stress fighters are released during exercise. With high levels of endorphins, we tend to feel less pain and fewer negative effects of stress.

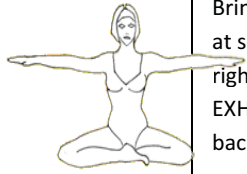
Occupy yourself with a favorite sport or hobby to help you get moving to fight stress. Yoga Exercises are a great way to manage stress. Yoga will improve your flexibility, strength, and balance while providing much-needed relaxation and stress reduction. Yoga draws your focus away from your busy, chaotic day towards calm as you move your body through poses that require balance and concentration. Here are a few simple yoga exercises that can help relieve stress:

Exercise Tip of the Month

Flexibility is an important fitness component but often overlooked. The hamstrings are among the muscles that shouldn't be neglected when it comes to stretching. The hamstrings work directly with your lower back, allowing you to walk, run, sit and stand. Tight hamstrings can contribute to lower back pain or injury to the muscle. Flexibility training increases the hamstrings' range of motion and improves your performance.

One stretch begins with relaxing on your back. Hold your right knee up at a 90 degree angle, with your left knee extended. Straighten your right leg toward the ceiling. Repeat on the opposite side. Another hamstring stretch is known as the downward dog. Starting from a push-up position, push your butt towards the ceiling and your heels flat on the floor. Hold each stretch for 15 to 30 seconds and repeat two or three times.

Extended Arm Stretch



Bring your arms up to your sides, palms facing down. Try to keep your arms always at shoulder height. INHALE then twist your torso to your right and look at your right hand. Hold the pose as you also hold your breath, for several seconds, then EXHALE and twist to your left and look at your left hand for a few sec. Then come back to center position where you INHALE

Corpse pose



Lie down on your back, arms at your side away from the body, palms up fingers curl in without tension. Eyes are closed; chin slightly forward so that the back of the neck is on the floor. Feet are kept apart but not too far that the hips are uncomfortable, the toes should face out, heels in. Relax the thigh and calve muscles completely. Squeeze the buttocks together then let go and relax the buttocks and hips. Push the shoulders away from the ears then let go of the shoulders completely. Turn the neck from side to side, then rest the head on the floor face up. Open the mouth slightly; this will release the tension from the mouth and face. Feel peaceful and at rest, consciously relax your whole body.

Side Twist



Lie on the floor, on your back, with your knees bent and your heels next to your buttocks. Bring your arms up to shoulder level palms down on the floor. Head faces forward with the chin down slightly. Keep the knees together, if you can. INHALE then EXHALE and allow the legs to gently drop to one side twisting the spine at the waist. Simultaneously turn your head in the opposite direction, while trying to keep both shoulders firmly planted on the floor. Hold for several breaths. Then INHALE and lift the legs up to the original position and return the head to face forward. Repeat on the other side

Downward Dog



Lie on your stomach. INHALE Keep the palms on the floor the slowly lift the buttock up keeping the arms straight and the back flat. The head should come to be between the arms looking back at the legs. Breathe and hold the position as long as is comfortable. Exhale; come back down to the push up position on the floor.

Upward Dog



Lie on your stomach, knees together, and hands under each shoulder. Keep your arms straight and chin up. INHALE then EXHALE now thrust your chest forward and lower your buttocks to the floor. Your thighs should come down to the floor. Hips tilted up. Hold. Take several breaths. Look up and slightly back. Feel the shoulder and neck muscles receive a profound stretch. Now take a deep breath and return to your original position on all fours.

