




April
2009

TBS News

Things to Remember This Month



**Baystate
Health**

The BHS Blood Mobile
will be at TBS on
Friday, April 10th
from 1:00 pm – 4:00 pm

Sign Up at the
Front Desk

Walk-Ins Welcome

Postponed

10:00 am

**Conquer the
Pinwheel**

with Sandee,
Staci and Todd

Check out this link to
see what's coming.

<http://www.youtube.com/watch?v=Oom2bKKQwk4>



**Is it Alzheimer's
or just Forgetfulness?**

**Watch in April for this very
informative Workshop with
Wanda Landry, Director of the
Alzheimer's Center at Quabbin
Valley Healthcare.**

**Learn what is "normal" and what is not.
Warning signs you should know and
how to get help.**

 **SPINNING®**

Personal Trainer, Debi Garlick, will lead a 4-week series of 30 Minute Beginning Spin Classes at 8:30 am on Tuesdays Starting April 14th. All classes are free to members and non-members who would like to explore Spinning as a cardio option. (Please, no seasoned Spinners)

The Series will culminate with an outside bike ride on the Turners Bike Path on Thursday, May 7th at 8:30 am.

Congratulations

Cathy Powell

On completing the
Antarctic Last Marathon
on March 10th.

Cathy came in 44th out of 149 men and women, and second in her age group, with a time of 4:55:50.



Pick Up Your
April Zumba Schedule
at the Front Desk.

We Now Offer
Four Classes Per Week
at a Variety of Levels

Weight Watchers[®]

6-Week Weight Loss 211#

Our Next 12 Week Series
Will Begin May 7th



**TBS is
Now Open
Until 4:00 pm on
Saturdays and Sundays**

**Friday Night Bike Rides
Return in April.**

Rides are approximately
20 miles, at a 15 MPH pace.
Our first ride is April 3rd from
Mt. Sugarloaf at 5:30 pm



Express Yourself

Our Next 4-Week Belly Dance Series Is April 16 to May 7

Rates are available by the class or series, walk-ins are welcome.

Belly Dance instructor, Shali, shown in this picture, continues to marvel at the beauty of all women who make the attempt to dance themselves into self-esteem and grace. They re-discover a sense of rhythm, or a part of their feminine nature that might have been deeply buried. Belly dance classes represent an hour invested in one's self. Look in the mirrors of the dance space and gloriously express yourself while reaching for new levels of movement. All participants are happier when they leave this class.

If you have always wished for the chance to invest in the body you live in, come and move to profoundly beautiful and engaging music, and see who you discover when you bring all of the pieces of you together.



April Is Stress Awareness Month



The goal of Stress Awareness Month is to increase people's awareness of the causes of and ways of addressing stress.

Stress is the normal physical response to events that make you feel threatened. The body kicks into high gear in a rapid, automatic process known as the "fight or flight" reaction.

The nervous system releases a flood of hormones such as cortisol and adrenaline, the heart beats faster, muscles tighten, and blood pressure increases. Chronic Stress over things like time management, finances and relationships can disrupt every system in the body. It can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process.

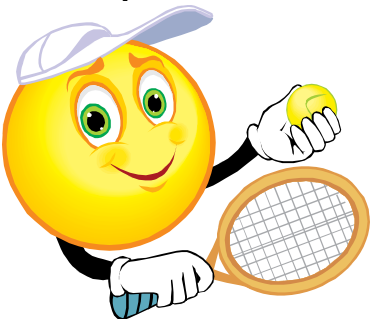
Exercise Can Help With Stress

During the stress response, hundreds of biochemical reactions occur. Neurotransmitters are activated, hormones are released and nutrients are metabolized. These byproducts continue to circulate in the body and have the potential to create physical illness.

Regular exercise is useful in removing these byproducts, thereby helping the body return to a state of homeostasis faster. Additionally, certain forms of exercise like jogging, cross country skiing, swimming, hiking and bicycling) require a fairly consistent repetitive motion that can alter one's state of consciousness. Described by some as "moving meditation", the physiological effects of regular participation in these activities is very similar to what happens when practicing meditation.

Exercise in a group also provides opportunities for social networking and support. Recreational activities encourage a sense of fun and play.

Exercise reduces muscle tension. During stressful situations muscles contract and lose their normal resting muscle tone. Bouts of physical activity allow muscles to work, thereby releasing stored energy and allowing muscle groups to return to their normal resting potential. Stretching and yoga are also effective in reducing muscular tension.



The Body Shoppe has several offerings that provide opportunities for stress release.



The Body Shoppe
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