



TBS News

October 2008

Our 6th "Taste" of Fitness:
Sunday November 2nd - Save the Date



This year we'll hold the "Taste" on Sunday instead of Saturday so that those folks who have Saturday commitments (such as work) can join us. If you are someone who is committed every Sunday, we hope you can join us at some point in the day.

The Taste of Fitness is a day to introduce current members to a new class, either because we're bringing in a new idea or because your schedule just hasn't allowed you to join us before. It's also a time to introduce potential new members to our family. We hope that many of you will join us and show off what a fun bunch we are.

New on the Docket

Latin Rhythms – Have you seen those exercise programs on TV where they've created an entire workout around spicy Latin dance moves? You might see a couple of those moves pop up in this fall's classes. Come and check it out.



Core on the Floor – A slow moving strength and flexibility class to tone and strengthen those core, abdominal and upper body muscles that you don't always get to work.

Floor Power – Get back to basics in this cardio fitness class that uses nothing but you. No steps, no balls, no BOSU, no bands. Relearn how to use just your body to stay fit with some old, familiar moves.

New Spinning Bikes



Whether you're a cyclist or non-cyclist, TBS Spinning classes provide the opportunity to ride side by side and get a great workout with a really fun group. The camaraderie that forms during spinning classes is just one of the things that make these quality group workouts. We've been Spinning at TBS for over 12 years, so we really know what we're doing.

On September 29th we replaced our entire fleet of Spinning Bikes

Lemond Revmasters to be exact and they are super smooth, super quiet, and all outfitted with the Lemond Pilot to which gives you feedback on cadence, calories burned, distance traveled, speed and heart rate.

If you would like to get a feel for the bikes and the room prior to joining a class, ask any one of our spinning instructors to set you up on a bike. From now on we will leave on the music, and you can ride for as long as you want. In fact, if there are no classes going on in the spinning room, you are always welcome to go in and use the bikes and the sound system. It's part of your membership

Do I Really Have to Stretch?

You have just finished your Strength and Cardio workouts and now you just can't wait to hit the shower and head out, but STOP!! You've forgotten one of the most underrated pieces of any workout...yep, **YOU NEED TO STRETCH.** *Here's Why.*

Stretching increases flexibility, which will help you with daily tasks like squatting, bending over or being able to sprint across the road.

Stretching improves circulation by increasing blood flow to the muscles. This will help heal injured areas and rid the muscles of toxins like lactic acid that build during exercise.

Stretching helps prevent injury by elongating muscles shortened with exercise, and increasing range of motion in the joints.

Stretching promotes better posture and balance. If muscles get too tight it is difficult to hold good posture and perform regular activities. As we get older, flexibility will also help prevent falls.

Stretching can relieve stress. What a great way to end a workout. A few stretches with breathing and tension is relieved from muscle and mind.

Stretching helps prevent age-related stiffness. As we age our tissues dry out, muscles too, not just skin. Stretching with proper water intake helps us to stay looser as we age.

At TBS we think that stretching is so important that we are extending an invitation to all members to join in on the 15 minute core and stretch portions of our daily fitness classes. Times will be posted on the Nautilus and Cardio machines and the Aerobic Room Door will be left open. Feel free to join us at any time.

- Liz Dolby, P.T.

New Group Fitness

TBS co-owner, Liz Dolby, P.T., and Group Fitness Coordinator, Staci Cutler, are developing **a new program for group fitness classes.** The general idea is that select classes will include only pre-formatted patterns. No worries...this doesn't mean that every class will be exactly the same. This means that for one month, 3-4 classes per week will include 2-3 of 6 possible cardio patterns, and only certain strength moves.

What's the benefit to you, the member?

A beginner to group fitness will know what to expect from a class based only on the name. The repetition of specific moves will facilitate learning and increase confidence and satisfaction.

Veterans will be able to ramp up their fitness level as moves become familiar. The less you have to think about the moves, the harder you can work. If your feet know what to do automatically, you can add more arms, add another riser, or increase weights.

At the end of a month we'll "shock your system" by changing up the moves and making your brain work again. You'll probably want to drop down the weights and the risers, but you'll still be working hard to learn the moves. As the new patterns become familiar you'll be able to increase intensity just like the previous month.

You will frequently hear that you should change your exercise routine every 4-6 weeks to shock your muscles and prevent them from getting bored. With this program, we'll do that for you.

October is National Breast Cancer Awareness Month

It is important to practice the elements of good breast health. It is suggested that you:

- Obtain regular mammography screening starting at the age of 40. Mammography screening remains the best available method to detect breast cancer early.
- Obtain annual clinical breast exams
- Perform monthly breast-self exams
- Obtain a risk assessment from a physician

Guys, we don't want you to feel left out...
Breast cancer occurs mainly in women, but men can get it too. Many people don't realize that men have breast tissue and that they can develop breast cancer.

Exercise to Prevent Breast Cancer

There's not one specific exercise that reduces the risk of breast cancer, but increasing the amount of exercise you get will lower the risk. The reasoning lies in your Body Mass Index (BMI). Exercise causes the body to burn calories and lose fat, leading to a lower BMI, thus lowering the risk of breast cancer.

Did You Know

That you can have your BMI (Body Mass Index) measured here at The Body Shoppe. Come to the Taste of Fitness, we will have a TBS Personal Trainer available to calculate your percent body fat and BMI.

Ekus' Update:

Lou and Leslie had their Final Weigh In on Sept. 18th, and in just 6 months they lost an amazing 94 lbs. Their favorite thing to do at TBS – Group Fitness Classes. Lou says he's off all of his medications except one, and he expects that to go soon. Who knew? WE DID!! Congratulations Lou and Leslie – Glad we could be a part of your journey. And by the way, they made nearly \$5000 for Friends of Children.



Announcements:

Congratulations to TBS co-owner Jeff Anderson, and Shali Sanders, Belly Dancer Extraordinaire on their marriage of September 6th, 2008. Much Love, Luck and Laughter to you both.

Friday, October 31 is Halloween, watch out for Trick or Treat-ers in the streets.

**A healthier option than candy....
"100 Calorie Snack Packs"**



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