



January/February 2011

## Happy New Year!

Hello Everyone!

We have some new services and classes in the works, so read more in this month's newsletter about what's coming. Plus, enjoy starting off your new year with some fitness tips from our experts.

Think Fit 2 B Fit!

The Vedas Team



## Exercise of the Month

### Stability Ball Reverse Extensions

Most people are pretty familiar with standard back extensions, also known as hyperextensions. The focus of this movement is primarily in the lower back.

A group that many people tend to ignore is the gluteal (butt) muscle group (gluteus maximus, gluteus medius, and gluteus minimus). The glutes are one of the most underworked muscle groups in fitness. Many lower back and lower body injuries, imbalances, and other issues can be attributed to an underdeveloped hip/glute area.

Here is a twist on the back extension movement that not only works

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### PM Boot Camp Class Added

Vedas is now offering an additional Boot Camp class at 5:15pm on Thursday evenings taught by James Blanchard.

Check it out for free and tell us what you think.

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many of the same muscles as the standard reverse extensions, but the fore mentioned muscle groups as well. Well developed hips and glutes tie in add not only enhancements in balance, power, and strength, but in appearance as well.

**Starting Position:** Lie prone (on your stomach) over the top of a properly-inflated stability ball with both feet and hands on the floor, hip- and shoulder-width apart.

**Upward motion:** Gently exhale, contract your abdominal/core and slowly walk yourself forward until your hips are directly over the top of the ball, lifting both legs in unison off the floor until they are parallel with your torso (Avoid hyperextension in your low back - do not raise your legs past parallel alignment with your torso). Press and hold your legs together so they move simultaneously.

**Lowering motion:** Inhale and slowly lower both legs in unison back towards the floor while keeping them fully extended.



Give a boost to your core, lower back, glutes, and legs by incorporating this movement into your fitness routine!

Ray Hodge



## New Addition - Licensed Acupuncturist

**Isis Chen Lan Lum**, has been a Licensed Acupuncturist for over 24 years and specializes in Five Element diagnosis and treatment, "Hit Medicine" (special treatments for injuries sustained by martial artists), and Hara (abdominal) bodywork. Her core

## Jamie's Tasty Peanut Butter Protein Delight

2-3 oz of cooked organic couscous or white rice

2 tbsp of organic peanut butter

1 scoop whey protein (vanilla preferred)

Handful of fresh berries of choice

1. Heat mixture in microwave for one minute 2. Remove and stir until all ingredients are equally mixed into a delicious paste 3. Enjoy

High in protein, Essential fatty acids, complex carbs, and anti-oxidants

### Monthly Quote

"Believe in miracles. Erase impossible from your dictionary."

~Affirmation Spot

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principle is to teach self-care and self-balancing skills to patients, including but not limited to: dietary modifications, daily exercise, relaxation techniques, acupressure and/or nutritional and herbal supplements.

Since 1987 Isis has held the accreditation of *Diplomate of Acupuncture* from the [National Certification Commission for Acupuncture and Oriental Medicine](#) (NCCAOM). She served as an official examiner for the NCCAOM, as well as on the Board of the Acupuncture Society of New York (ASNY). She is also a member of [Acupuncturists Without Borders](#) (AWB) and the [American Academy of Acupuncture and Oriental Medicine](#) (AAAOM).

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## Winter Weather Tips Pt. 1

### Tips to stay healthy, happy and energized during the Winter:

In Classical Chinese Medicine's Law of Five Elements, the season of Winter relates to the element of Water 水 and to the Kidney and Bladder *Meridians* (energy pathways). Winter is the time when nature takes a well deserved rest, and since we are part of nature, doing the same helps us stay healthy, happy and energized. The energy or Qi (chee) of this season is akin to how at the end of a Yoga class, we slow down our breathing and go inward during *Savasana* (corpse pose). This is the time to nurture our precious energy reserves, not only for the present, but for the upcoming season of rebirth - Chinese New Year of the Rabbit will be celebrated next month on February 3<sup>rd</sup>! We've passed the winter solstice, so each day is longer than the last. Spring really is on its way!

- **A seasonal diet based on locally available foods:** Consuming nourishing -- mainly cooked - food and warm drinks harmonizes with the *Qi* of winter. Diuretics, like coffee, are hard on the Kidneys, so try drinking green tea instead.
- **Get more ZZZZZssss!** The ideal is to not get up before sunrise. 9 or 10 hours of sleep are not considered excessive in the winter.
- **Regular exercise is essential for circulation of energy or Qi:** Exercise also raises our metabolism and acts as an internal fire, just what the body likes in winter!
- **Let the sun shine, let the sun shine in...** Natural sunlight boosts your immune system by supporting the natural killer cells that protect our bodies from unwanted intruders. Consider investing in a light box.
- **Nurture and protect your energy reserves:** Try "unplugging" and be still and quiet like the *Qi* of Winter. The Kidney *Meridian* includes the adrenal glands, so be mindful of the stress in your life and creative about ways to manage it. Meditation will help immensely.

- **Cultivate gratitude!** The feeling of appreciation benefits the Heart *Meridian*, which belongs to the element of Fire 火. Did you ever think that being grateful could help you stay warm!

**Here's to the New Year's journey towards wellness!**

**Isis Chen Lan Lum, Licensed Acupuncturist.**

## Club Updates!

### **Aerobic Room Build Out**

In a recent meeting with Jim Breen, owner of the Lincoln and IMG Buildings, the aerobic room build out was approved. Build out is scheduled to start sometime in March 2011.

Once build out is completed our objective is to increase membership enrollment. The additional funding will eventually allow us to integrate a full group class schedule that will be included your regular membership rates.



### **Tammy's Book - *Think Fit 2 Be Fit* Coming Soon!**

Final updates went out the publisher last month, which means *Think Fit 2 Be Fit* will be in book stores sometime within the next 60-90 days.

Vedas is planning several book launches, so stay tuned for future updates.

For those interested in receiving the first released copies, please send an email to

Ray at [ray@vedasfitness.com](mailto:ray@vedasfitness.com) to be placed on our book list.

Thanks for all your support!

### **Rate Change**

As a way of saying thanks to all of those who enrolled with us during our first year of operations we allotted to keep enrollment cost down to a bare minimum. Unfortunately, due to rising costs of operation and the need to for facility improvements we will be adjusting our pricing structure.

February 28th will be the last day we will offer no enrollment fees. Starting March 1st there will be a newly added enrollment fee of \$50 for new members.

If you're interested in joining then beat the rate increase before March 1st!

# February Special

**Save \$62.50 on your first Acupuncture Session**

*To celebrate the Chinese New Year, for the entire month of February, Veda's is offering a 50% discount on your first acupuncture session, a value of over \$60!*

*Initial Consultation \$125 - Regular Price*

*During the month of February pay \$62.50 for your first Consult & Treatment - Typically 90 minutes long*

*Happy New Year of the Rabbit! "*

Expiration: February 28, 2011  
*tax not included*

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