October 2010

Issue: 8

Happy Fall

Hello Everyone!

Once again it's time for us to send out our monthly newsletter and we've got lots to share, so kick back for a few minutes and enjoy.

Think Fit 2 B Fit!

The Vedas Team

Cleansing & Exercise

Fall is a great time of year and many of us tend to find ourselves naturally inclined towards activities of cleansing. We may spend our time during this season cleaning, eliminating, and reorganizing areas like our garage, closets, or various rooms in our home that have built up excess over the course of the past several months.

It seems like such a natural thing to do around this time. Why is that? Spring for instance is a time of renew. It's when plants and animals that have been dormant or in hibernation over the

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Club Updates

Vedas will be making some changes to its website during the month of October. A new webpage will be added on our site for easier access to class schedules via an up-to-date calendar widget. You will be able to sign-up and register for classes right from the calendar, as well as see class descriptions, instructor bios, and newly added classes.

Look for this change in the upcoming weeks.

winter are revived by the warmth of the spring sun. Whereas fall is a time of preparation for the upcoming cooler months, which lead us indoors while nature prepares for hibernation. Instinctively we understand this and that is why we tend to find ourselves around these times busy cleaning. Not only is this a good time of year to clean up the visible messes we've made over the course of time, but it's a great time to aid in helping our body in the natural detoxification process of eliminating toxins we've built up in our body as well.

There are a variety of ways to aid the body in it's natural detoxification processes, such as by fasting or partaking in a nutritional cleanse. Regardless of how you decide to aid your body in the detoxification process, there are a few things to keep in mind. The most important is that this is a time for the body to heal and repair itself. Therefore your normal exercise routine may not be appropriate to commence in when trying to attain maximum cleansing results.

Though exercise is a necessary component to a fit and healthy lifestyle, there are times when ceasing or modifying your program is a better choice. When fasting it may be best not to exercise, because exercise breaks down muscle tissue. Therefore if you body isn't getting the nutrients it needs to heal during that time, exercise could cause more stress and prevent internal healing and detoxification from happening. In reality cleansing is a time when the body focuses internally and exercise changes that focus to an external one, halting the process you are trying to help.

Cleanses are slightly different in that you are usually eating somewhat normally from a calorie standpoint, though your choices may be that of foods which promote repair and elimination of various hosts within the body, such as Candida yeast or parasites. Though you may be eating and giving the body nutrients it needs to commence tissue repair, once again it's important to keep in mind that your goal is to promote internal healing not superficial repairs.

The best thing you can do during cleanses is to either cease from exercise during this time, especially when fasting, or modify your workout. Working at an extremely low intensity, choosing aerobic activities, such as walking, biking, or swimming, won't get your heart rate too high and encourage too much muscle breakdown.

So all-in-all, keep in mind that when *"cleansin the engine - rest is best!"*

Monthly Quote

Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviors. Keep your behaviors positive because your behaviors become your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

~Gandhi~

Join Our Mailing List!

Ray's Tip of the Month

In addition to personal training, many of you know that I am a competitive bodybuilder. I tell people all the time that just like in regular everyday health, diet is 80% of a healthy lifestyle, along with supplementation and working out. I make many comparisons of the human body to a machine. Well, just like any other machine or mechanical device, your body needs time for maintenance and repair. The wonderful part about the human body is that is does this maintenance and repair on it's own - if you allow it to do so.

Prior to contest season and then again shortly after the close, I perform my own "preventative maintenance". That is, I utilize a cleanse and/or a fast to both give my body a break and allow it to get its overall functioning back on track.

Early on I was totally against it. As bodybuilders, we are constantly eating and concerned with maintaining muscle mass, so any reduction in caloric intake, temporary or otherwise, is considered a huge no-no. Knowing what I know now, the constant intake of food is exactly why everyone should consider a cleanse. Overtime, just like other machines, our bodies accumulate waste, toxins, and debris (consider it the same as buildup or sludge in your car engine) and stores it in our body's tissues. As a result, the body's overall function is greatly compromised.

Benefits of cleansing and/or fasting:

- Improved metabolic functioning
- Increased energy
- Reduced waistline
- Removal of stored waste (undigested food, metals, toxins, and parasites)
- Better nutrients absorption
- Improved organ function
- It gives your digestive tract a much needed break

Now is a great time to consider a cleanse to help jump-start your workout and weight loss program for the upcoming months. Consider it your own personal "oil change".

Ray Hodge

Strategic Alliance

Vedas and Dina Boyer of Anew have teamed up to promote corporate wellness. Dina Boyer, MS, CHHC, CNHP, RYT learned to appreciate the Benefits of natural, Wholesome foods in her homeland Greece. From an early age she was surrounded by Fresh, local, seasonal, home-cooked Mediterranean meals.

A passion for cooking and her own challenges to maintain her weight and energy motivated Dina to become a Health Consultant who now educates and inspires others.

She has earned her certification as a Holistic Health Consultant from the Institute of Integrative Nutrition in New York City, where she was lectured by some of the Top leaders in the field of Nutrition and Health today, some of which were:

Walter Willet MD, chairman of Nutrition at Harvard
Neal Barnard, MD, Founder of Physicians Committee for Responsible Medicine
Barry Sears PhD, Founder of the Zone Diet
Geneen Roth, a pioneer in the link between Food and Mood
Elson Haas MD, Founder and Director of the Preventative Medical Center
David Wolf, considered to be a world authority in raw food nutrition
Paul Pitchford MS, highly acclaimed author of several books
John Douillard PhD, International Teacher of Ayurveda for 16 yrs.
Mishio Kushi, Father of Macrobiotics and last but not least ...
Andrew Weil MD & Deepak Chopra that do not need any further recognition.

Dina graduated with honors and was further accredited by the Columbia University Teachers College and from the American Association of Drugless Practitioners. Dina also holds a Master's of Science in Biochemical Research from Case Western Reserve University, where she also conducted cancer research for a total of 8 years. She is also certified as a Natural Health Professional by CNHP, has completed her 200 Hrs as a Yoga Instructor, certified by Yoga Alliance, has received training in various other modalities such as Polarity & Thai Yoga Massage and is currently completing an additional training with WellCoaches Corp, an association recognized by the American College of Sports Medicine.

Dina is the founder and director of her own health consulting business, "Anew by Dina". She is directly involved with educating, motivating and supporting her clients on being more proactive instead of reactive in improving their own health and

happiness, through food and lifestyle suggestions. Where others fail, Dina's services are successful and unique because through her customized approach on each of her clients, she teaches how getting healthy, eating right and having more energy is enjoyable and easy. Her services include Private and Group Health Coaching, Yoga, cooking classes, Educational Lectures as well as Thai yoga massage and
Polarity Bodywork.

Find out more about Dina's 21 Day Detox Program:
dina.boyer@anew-wellness.com

Community Spotlight

New Toastmasters Group
Thursday, October 28th
11:45AM-12:45PM
IMG Building
1360 E. 9th St
IMG Conference Room (Basement)

For more info:
http://www.vedasfitness.com/content/Images/ToastmastersPoster.pdf
Contact Bill Fisher
bfisher@oswaldcompanies.com
216.367.3292

Cleaning For a Reason
This organization serves the entire USA and currently has 547 partners to help cancer patients. Cleaning for a reason helps those currently undergoing chemotherapy by providing FREE housecleaning services.

For more information go to their website:
www.cleaningforareason.org

Unlimited Group Classes
$35 Month

Vedas is now offering unlimited group classes for only $35/month. Once our current classes fill up we'll add more to accommodate expanding interest.

Our current class schedule includes:
Yoga - Wednesday 12PM-12:45PM
Combo Group with Ray - Wednesday 12PM-1PM
Pilates - Friday 12:30PM-1:15PM

Zumba Classes

One of the next classes on our list to add is **Zumba**. If this is a class that interests you, please send Ray the ideal days and times that you would like to see it offered.

Ray's email address is ray@vedasfitness.com.

See everyone in class:)

No expiration