

Live life to the fittest.

# Fitness FOCUS

## Spring 2016



### Dear Members:

When it comes to exercise, maintaining a healthy lifestyle is more about consistency than intensity. If you feel like your routine is stuck in a rut, talk to our fitness staff and ask how they can help you stay motivated.

The Department of Health and Human Services recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Aim to incorporate strength training exercises of all the major muscle groups into your fitness routine at least twice a week. Follow these minimum guidelines to help ensure that you are *living life to the fittest*.

Keep your eyes peeled for our Move 150 campaign beginning April 23. This is a great chance to learn how active you are, while earning a chance to win an amazing Polar heart rate monitor that will *really* clarify your daily activity.

Work smarter, not harder. And keep it fun.

**To your health,**  
**Brian Tomlinson**

## Congratulations to the 2016 Indoor Triathlon Winners

Cathy Kolpacki

Swim 0.53

Bike 10

Run 2.32

Total 12.85

Brandon Licht

Swim 0.76

Bike 10.1

Run 2.68

Total 13.54

Sign up next year to compete to win 3 months of free membership.



## Meet the Yogis

To meet the demand for more and superior yoga, we've added three amazing new instructors. If you haven't met them yet, here is a brief introduction.

### Sean Smith



**What is your yoga background?**

My background is in ashtanga and vinyasa styles of yoga. I had

been practicing for years in the San Francisco area before becoming a yoga teacher. I really gravitated with the intuition-based yoga that Jonny Kest had developed at his studio in Birmingham, MI. I received my yoga certification from the Jonny Kest Center for Yoga in 2015 focusing in ashtanga, vinyasa, slowburn and yin styles of yoga.

**What drew you to your practice?**

I was once a very stressed out elementary school teacher living and working in a high-need neighborhood in the San Francisco Bay. I was experiencing anxiety, sleeplessness and poor health as related to my job. I really found it difficult to turn off my mind. I kept thinking about my students, their needs, their struggles and I felt a constant emotional heaviness. My first yoga class offered me my first respite from thinking and from feeling heavy. I felt weightless, present and calm. I knew I had taken important first steps in

creating a sense of balance in my life. I've been practicing nearly every day since.

**What made you want to be a teacher?**

Yoga and meditation allowed me to take back my life and abandon a constant state of stress. I wanted to share my experience and encourage others to start taking steps toward balance and wellness in their own lives. As a social worker and educator, I am especially compelled to bring yoga to those who help others, give freely of themselves, and experience high stress and burn out.

**What is your teaching style?**

I teach an athletic ashtanga-based vinyasa class. I like to balance the hard and the soft of yoga, play with balance, and bring yogis to their edge safely. I invite yogis to play, add postures or take out what doesn't serve them. I enjoy bringing a warm and playful sense of joy, gratitude and safety to my students as they practice.

**Where do your sentiments lie on the "yoga as spiritual practice" versus "yoga as body shaper" spectrum?**

I think many people get into the practice of yoga as a means of getting a great workout. With continued practice, however, we are all eventually called deeper. Breathing, moving and connecting with your body through yoga changes the body, the mind and the heart. In this way, the practice of yoga is inevitably a spiritual practice.

**How should someone new to practicing yoga pick a goal for themselves?**

Don't worry about what the posture looks like. Begin to quiet the mind and just feel what the posture feels like in your body. Listen to your body. Do what feels intuitive. Skip postures that don't serve you and choose to just sit and breathe. Notice sensations that come up and breathe into them. Keep breathing. Be loving and kind to yourself.

**Why do you think some may feel intimidated by yoga? How can they overcome this?**

I think we see many images of acrobats doing back bends on social media and newcomers to class think that they are going to have to do these postures, or that these contortionists are reflective of yoga. They are not. Yoga is not one thing, but many things. Each person can develop their own practice and yoga will look different for each person. Yoga is about breathing and being kind to yourself and others. Yoga is a non-judging practice. I encourage anyone who feels intimidated by yoga to find a teacher they connect with and begin attending their classes. Slowly but surely, you will find that the yoga isn't about how your body looks in a posture. It is all about being present in the body and breathing there.

**Is there an essential yoga mindset?**

No. However, I believe that a loving, kind and open mind serves everyone better, both on and off the mat.

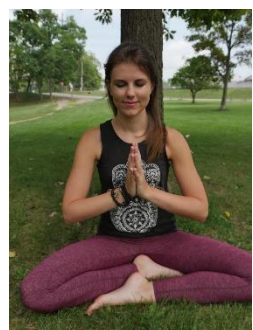
## How can yoga affect other aspects of the student's life?

Yoga has many health benefits including stress reduction, improving digestion and posture, and creating an overall sense of balance in one's life. As a yoga student, you begin to cultivate these benefits from the moment you begin to lengthen and slow down the breath.

## If you could only ever do one pose for the rest of your life, what would it be?

Utthita Trikonasana (Triangle Pose) makes me feel balanced, long and strong. I could hold this posture all day and still find new things about it and notice new sensations in my body. My first yoga teacher once told me that everyone has one posture that just makes them feel alive. Triangle pose makes me feel alive, awake and grounded.

## Hannah Przeslawski



**What is your yoga background?**  
I found yoga five years ago, I have been practicing non-stop! I

found yoga through my high school friend, who is also now a certified yoga teacher.

## What drew you to your practice?

Yoga drew me in for more than just the exercise. It helped relieve my lower back pain and my anxiety/stress. I learned how to be comfortable in my own skin and love myself for

who I am.



## What made you want to be a teacher?

I wanted to become a teacher so other people could have the same positive experiences in their own body. I got my 200 hour YTT through Yoga Alliance this past summer in my hometown of Tampa, FL.

## What is your teaching style?

I teach all different types of yoga but my favorite styles to teach are power, restorative, yin and vinyasa.

## Where do your sentiments lie on the "yoga as spiritual practice" versus "yoga as body shaper" spectrum?

Yoga is a great practice because it meets you where you're at. Everyone can do it, the young, old and injured. It can be a physical exercise or a spiritual practice or a combination of both.

## How should someone new to practicing yoga pick a goal for themselves?

There are so many different styles of yoga and teachers, whatever you are looking for, there is a class! Beginners might find this overwhelming, so I recommend trying as many different styles as accessible and find the one that best tailors their body. It is also very important that students find the best teacher that will help

achieve their goals. That is something most people don't think about. The teacher sets the tone of the class and creates a safe space. Yoga and meditation are so powerful and can truly change your mindset on yourself and the world. It is an amazing experience and I hope everyone has a chance to experience it.

## Shannon Achille



**What is your yoga background?**

I started at a Brikam

studio and eventually, moved to a home practice where I began to add more mindfulness and meditation to my routine. Last summer, I completed a yoga alliance teacher certification in Bali, Indonesia. My daily practice now includes meditation and the Ashtanga primary series but I enjoy exploring different styles when I get the chance.

## What drew you to your practice?

I'm fascinated by the healing power of yoga. I started during my recovery from a traumatic brain injury. I wasn't able to return to sports or exercise without getting a headache but still needed some form of a physical outlet. I found that in yoga and soon discovered yoga has much more to offer.

## What made you want to be a teacher?

I wanted to gain skills to share the amazing benefits of the practice with others. Someday I hope to become a physician and offer yoga therapy to my patients.

## What is your teaching style?

My teaching style is always evolving. My Ashtanga practice definitely shines through but I'm constantly learning new techniques and modifications so I like to integrate those into my classes. I always appreciate getting feedback from students and learning from their experiences.

## Where do your sentiments lie on the "yoga as spiritual practice" versus "yoga as body shaper" spectrum?

For me, yoga is an active meditation and therapeutic practice. At the same time, yoga can be an extremely powerful tool so it's necessary to use it wisely.

## How should someone new to practicing yoga pick a goal for themselves?

The act of choosing any goal is already taking a step in the right direction. Think simple. It's the slight adjustments that can make biggest of difference over longer periods of time.

## Why do you think some may feel intimidated by yoga? How can they overcome this?

Trying something new can always be a little scary. With yoga, everyone's practice is different. You make it your own. If your intention is to relieve stress and find comfort

then include the postures that work with those goals.

## Is there an essential yoga mindset?

Yes, it requires an open approach and a commitment to awareness. Leave expectations and judgments at the door.

## How can yoga affect other aspects of the student's life?

The more you delve into your practice the more it'll show up in all the other aspects of life. Maybe you'll notice something new on the drive you take every morning or even a new found calmness may show up when you would normally pick a fight. I feel the connections everywhere.

## If you could only ever do one pose for the rest of your life, what would it be?

Any inversion pose! Legs up the wall--viparita karani if I had to pick one.

## Make Waves

### Swim Classes at THFC

Swimming is arguably the perfect exercise. It strengthens your heart, builds strength and stretches tight muscles. This low impact exercise should be a part of your fitness toolbox.

Group swim lessons are an affordable way to learn how to develop your ability to swim.

Classes are almost full, but there are a few spots still available.

Water Shy - (\$85 for members)

Mondays at 1:30pm

Beginner - (\$85 for members)

Mondays at 12:00pm

Wednesdays at 7:00pm

Sundays at 2:00pm



Intermediate - (\$100 for members)

Wednesdays at 8:00pm

Thursdays at 12:00pm

Sundays at 3:00pm

## In Full Swing Kettlebell Training

Strength, Conditioning, and Fat Loss with Keith.



Conducted by Certified Kettlebell Trainer Keith Calhoun  
To book sessions with Keith, either in a group or as an individual please inquire at the front desk.



Do you know that 30 minutes of aerobic exercise 3 times a week has been shown to stimulate the brain to grow new grey matter?

# Step Up

## Marina Mantay

### What classes do you instruct?

I teach step, step and strength, strength and stretch, total body and fandansetique.

### What made you want to teach?

Before trying group exercise I used to work out on my own, but wasn't able to achieve the goals I had in front of me. It wasn't until I started attending fitness classes that I got in shape and reached my goals. As a result, I decided to become an instructor and teach classes so as to help other people achieve their goals.

### How would you describe your teaching style?

My teaching style is energetic and upbeat.

### What motivates you?

I like to set up achievable goals and reach them. Once I have reached a goal, I set up a new one and work my way up to it. I like to learn new things and believe that there is always room for improvement. That is why, I take things step by step, always trying to improve and learn more about the things I do.

### What makes you want to help members achieve their fitness goals?

Fitness has helped me achieve my goals and become my main recipe for wellbeing and great feeling. In return, I'd like to share this knowledge with other people and help them achieve their goals and improve their quality of life.

### What should members expect from one of your classes? And how should they prepare for one of

### your classes?

They should expect friendly atmosphere, hard work, great workout and lots of fun. Everyone is welcome. No preparation is needed.



### How do you choose your music for your classes?

I think that music is a very important component of a class. That is why I am very careful about the choices I make and am very picky about the music I play in my classes. I believe it motivates the class participants by providing energy and good mood. I usually play mixed music, so everyone can enjoy it.

### Do you eat healthy? Is that important to what you do?

Eating healthy is very important to me, because I believe that a balanced diet together with an active lifestyle are the major factors for one's health and happiness.

### We heard you are an animal lover, can you tell us a little about that?

I have always been an animal lover. I don't know if I was born like that or learned it from my father, but I remember to always be fascinated by animals. Currently my husband and I have 5 dogs, 2 hamsters, a turtle and a fishtank with fish. I enjoy taking

care of my pets, and spending time with my wonderful doggies. In our free time, my husband and I go to Detroit and rescue dogs and cats. It is very rewarding to know that you made a change in an animal's life. I love and respect nature, and believe that animals are world's greatest gift.

### Tell us a little more about yourself.

I am originally from Moldova, which is an Eastern European country and I have been living in the United States for 6 years. I have a twin sister, who lives in Florida. The rest of my family is in my home country, except my mother, who has been living in Italy for many years. I have a degree in linguistics and one in photography. I love to travel, spend time with my family and friends. Currently I am studying to be a wildlife rehabilitator. My dream is to help wildlife, specializing in opossums.

## Tortoise and Hare 5k May 7<sup>th</sup> 9:00am



- This is a flat course mainly on a bike path.
- Start and finish behind The Health & Fitness Center at WCC.
- Awards: First 3 men and women. First Master male and female

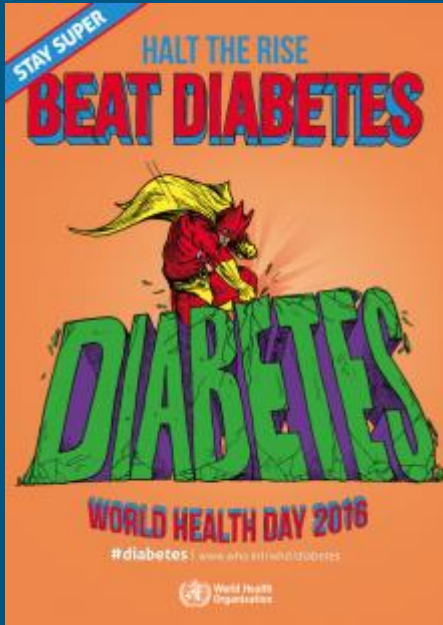
Register at  
[www.active.com](http://www.active.com)

# World Health

## Diabetes Q and A

What should diabetics eat after exercising? How about before exercising? Can diabetics exercise after fasting? These and other questions will be answered by WCC Nutrition Professor Tracy Picmann.

April 25<sup>th</sup> 5:30pm in the conference room.



## A Second Look

### Video Swim Analysis

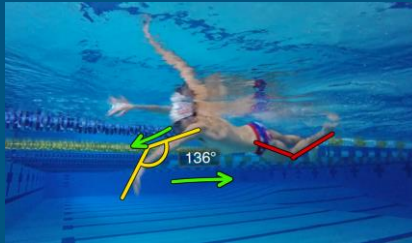
Ready to get serious about improving your stroke? Nothing delivers the "ah-ha" moment to swimming athletes like seeing themselves from the trainer's perspective.

Using Coach'sEye@ software and underwater cameras, our certified swim coaches can help you develop your stroke faster in one session than a year's worth of solo practice.

When you book a swim analysis session you will receive:

-your raw footage

-your analytic footage  
-certified swim trainer instructions and drills designed to address areas for improvement  
\$90 for members  
Inquire at the front desk.



## Buckets!

### 3 Point Contest

Tuesday April, 12 6:30pm  
Men's and Women's Divisions  
Winners receive a free month of membership. Sign up day of.



## Move It or Lose It

### Golden Gloves

Tuesdays May 10<sup>th</sup> and 24<sup>th</sup>  
At 10:30am, Combat Fitness Specialist, Dan Lopez will lead



free classes designed for older adults to learn the benefits of boxing. Boxing can help older

adults retain coordination, balance, and recent studies have shown that it can help delay the onset of ailments like Parkinson's. Not to mention, boxing is a fun way to stay fit. For more information please inquire at the front desk.

## Thank You

### Stuff-A-Van

Last November the members of THFC were amazingly generous donating personal items and food to the needy via SOS Community Service's Stuff-A-Van program. SOS and those who received the donations were overwhelmed when they saw the way THFC's members showed up. Thanks to everyone.



*Expect more  
from your fitness center!*

We want your feedback. Please take the time to complete our annual member survey. Your feedback will help shape the future of THFC. If you have questions regarding the survey, please inquire at the front desk.