

jazzercise®

February 2010

Aberdeen & Stonehaven
NEWSLETTER

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Smooth Skin in the Winter

Exercise is supposed to be the fountain of youth. So, why the dry, scaly skin in the winter time? It seems that winter workouts in dry air, both indoors and outdoors, wreak havoc on skin, creating an appearance that is anything but youthful.

Fitness aficionados, take heart. Winter time workouts are not synonymous with dry, cracked skin. Here are a few suggestions to fight-off seasonal dryness, so that your fitness glow can shine through all winter long.

- ✓ **Take shorter showers.** No more singing the National Anthem while basking in the steam of a hot shower. Hot water actually dehydrates your skin by removing its normal, protective oils. Take a shorter shower (no more than 10 minutes) to keep your skin from drying out. When you exit the shower, apply lotion immediately, while your skin is still warm and damp, to seal in the moisture.
- ✓ **Switch facial cleansers.** Use a creamy cleanser instead of a gel cleanser during the winter. Also, switch to a richer formula of facial moisturizer.
- ✓ **Run a humidifier.** Dry, indoor heating strips the air - and your skin - of moisture. Prevent flaky and cracked skin by running a humidifier at night to keep the air moist.
- ✓ **Apply hand cream liberally.** We tend to wash our hands more often in the winter, in the interest of fighting off colds and flu. Unfortunately, public restroom soaps and antibacterial hand sanitizers dry out your skin. Use hand cream throughout the day to hydrate your skin.
- ✓ **Drink water.** Dry, chapped lips are often a sign of dehydration. When it's cool outside, we often drink fewer fluids, which results in chapped lips. Try to drink 8-10 glasses of water per day to keep your skin nourished with fluids.
- ✓ **Moisturize pre-workout.** The high sodium (salt) content of perspiration can be drying to your skin. Apply moisturizer before you workout. The moisture will seep into your pores, which naturally open during exercise, and offer a protective barrier against the sodium and bacteria.
- ✓ **Exfoliate.** Keep your skin vitalized by removing dead skin cells 2-3 times per week. Products that contain loofah or jojoba offer natural exfoliation without irritating your skin.
- ✓ **Avoid Tanning.** The heat and UV rays from tanning salons dehydrate your skin and accelerate aging. If you can't face the world without a sun-kissed glow, try a tinted moisturizer instead.

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Stonehaven Class Time Change

We are changing the time of the Class in St. Bridget's on Thursdays to 6.15pm, during the month of February. This change will continue only if it suits the majority, so please give me feed back one way or another.

To: manoli@jazzercise.freeserve.co.uk.

Charity Classes

We will be holding several Charity Classes in February in Aid of the relief operation for the Earth Quake in Haiti. These classes will be Open Houses (they won't cost you or anyone you bring along any money), but we expect a contribution, which we will send in its whole to the relief operation in Haiti.

Monday 8th Albyn - Several Instructors teaching on stage

Tuesday 9th Stonehaven - The best of 2009

Wednesday 10th Craigiebuckler - Your favourites (or mine).

Thank you in advance for your generosity.

Did you know?

It's True What They Say-Television Adds 10 Pounds

A recent study shows that TV food ads directly correlate with an increase in calorie consumption. Before you swear off your TV, Health Editor-at-Large, Madelyn Fernstrom, Ph.D., CNS, helps you avoid the television-induced munchies:

- Don't watch TV on an empty stomach.
- Have a low-fat, high-fiber snack beforehand.
- If you can, fast forward through commercials.
- The simplest way, watch less TV and get out and move!

Technique Tip of the Month → Grand Plie

1. Start in a standing position with your feet shoulder width apart and your toes and knees facing forward.
2. Bend your knees to lower your hips toward the floor. Do not bend your knees past 90 degrees.
3. Lean your torso forward slightly from your hips, not from your waist. Avoid rounding through your chest and back.
4. Keep your head in line with your spine, lift your head and chest, and relax your shoulders.
5. Press your heels into the floor as you straighten your knees and contract your gluteal muscles (in your buttocks).
6. Return to the starting upright position with your hips fully extended.
7. Hand held weights may or may not be used during this exercise.

This movement is used in both the aerobics routines and the strength training routines. Performing this exercise on a regular basis will help tighten and tone your muscles of the thighs, hips and buttocks.