

Strength Train to Slim Down

Afraid of strength training? Think you're going to get the body of Arnold Schwarzenegger during his tour as Mr. Universe? You're not alone. Many women fear that strength training will make them "bulk up." But, the fear of building more muscle is entirely misguided.

In reality, most people don't have enough muscle. Adults who don't strength train lose about one-half pound of lean muscle tissue every year. The loss of this muscle tissue, known as sarcopenia, can begin as early as age 25, then increases around age 40, and increases drastically after age 70.

Why is it such a big deal to lose muscle mass? First off, losing muscle means sacrificing your strength and postural support. If that's not enough to convince you that muscle mass is important, then consider this fact: Muscle tissue burns more calories than fat tissue. The more muscle that you have, the higher your metabolism. If you lose muscle with age, then your metabolism slows down, and you inevitably gain weight.

The good news is that regular strength training not only wards-off future muscle loss, but it can actually reverse sarcopenia, revving up your metabolism in the process. Research from the Department of Genetics at the University of Pittsburgh shows that sarcopenia is accelerated with a lack of physical activity, specifically a lack of resistance exercise. However, resistance training has a positive result on reversing sarcopenia. In fact, one report indicates that individuals who participated in three months of resistance training increased their rate of muscle protein synthesis by 50 percent.

Follow these guidelines from the American College of Sports Medicine for adding strength training to your regular workout regimen.

- **Use Repetition** - Complete at least eight to ten repetitions of any given exercise for each of your major muscle groups, including pectorals, latissimus dorsi, deltoids, gluteals, quadriceps, hamstrings and abdominals.
- **Use Combination Moves** - Exercises that use multiple muscles at one time are preferred over exercises that utilize only a single muscle group.
- **Intensity** - Intensity is not only reserved for cardiovascular workouts. You want your rate of perceived exertion to be "somewhat hard" while performing strength training exercises.
- **Frequency** - Strength training should be part of your workout regimen at least two times per week, with some time in between these workouts for recovery.

Bikini Body Pilates Style

Get ready for swimsuit season now! Brand new Bikini Body Pilates Style classes are specially choreographed to define your legs and glutes, burn mega calories, and strengthen and stretch your entire body. These are not your regular Jazzercise classes! Mix up your routine with four Bikini Body Pilates Style classes for great results. Ask Manoli for details.



Price Increase from 1st June

To keep in par with all Jazzercise classes around the area, our prices will increase the following way:

	Price	Attend 2 Classes per week	Cost per month
E.F.T. (standing order)	£24.00	£3.00 per class	£24
8 Week Pass	£58.00	£3.60 per class	£29
1 class walk-in	£6.00	£6.00 per class	£48
1 class concession	£5.00	£5.00 per class	£40

Technique Tip of the Month → Plie Lunge

1. Start in a standing position with your feet together.
2. Step forward with one foot. Avoid putting your front foot directly inline with your back foot. Your front foot should be flat on the floor and your back heel should be lifted off of the floor. Center your weight between your front foot and the ball of your back foot.
3. Bend your knees to lower your hips toward the floor. Your back knee should be directly under your hip as you lower.
4. Stop lowering toward the floor when your front knee is 90 degrees and your front thigh is parallel to the floor. Tune into how you are feeling. If you have to stop before your front knee is 90 degrees, that's ok.
5. Press your front heel and the ball of your back foot into the floor as you straighten your knees and contract your quadriceps (front of the legs) and gluteal muscles (in your buttocks).
6. Return to the starting upright position with your legs fully extended.
7. Keep your torso upright throughout and avoid rounding through your back and shoulders.
8. Hand held weights may or may not be used during this exercise.
9. Reverse and step forward with your opposite leg.

