

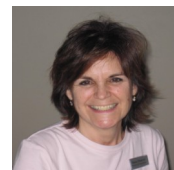
FITNESS CENTER NEWSLETTER

Volume 1, Issue 8

December 2011



JEWISH COMMUNITY CENTER OF GREATER NEW HAVEN



FITNESS Message from the Director of Fitness Services, Susan Donovan

As 2011 comes to a close, we are busy in the fitness dept working on some upgrades in our equipment and some new workout programs on our agenda! Our fitness room will be seeing some new Treadmills before January and new workout opportunities in TRX Suspension Training and RIP Training programs are being explored!

Tis the Season can be a time for Holiday Joy but also Holiday Stress!

The period between Thanksgiving and the New Year is a time for families and friends to join in celebration, but for many, the demands of creating these family moments during these tough economic times can be extremely stressful and trigger anxiety, and for those who have lost loved ones, the holidays can exacerbate feelings of loneliness and depression.

Research has shown that sticking to a regular activity program the holidays not only will help prevent weight gain (the average American sees a gain of 5lbs) but can thwart off the 'holiday blues'.

Here are a few tips that can help:

1. Of course, stick to your exercise routine! People who stay active not only keep their weight in check but experience better mood and can significantly improve symptoms of depression.
2. Create new family traditions! When family dynamics change, creating new traditions can be key to rekindling the holiday spirit.
3. Practice moderation! By not over committing to events or organizing too many of your own events. Keep expectations manageable and remember, it's OK to say no.
4. Hire a Personal Trainer! Instead of falling off the exercise bandwagon, commit to some personal training sessions. A Trainer can help you stay on track and keep you accountable for physical activity. If you keep or develop healthy habits in December, your New Year's resolution will not have to include 'starting an exercise program!'
5. Set reasonable gift giving limits!
6. Make time for yourself! Set aside some time for good mental health on some things that you want to do instead of everything that you need to do.
7. BREATHE! When things become too hectic, give yourself 5 minutes to stop, quiet down your mind and focus simply on taking slow, deep, relaxing breaths.
8. Prepare as best you can, then let go! While you cannot control outcomes, some early preparation may make you feel like you're in control and will help to handle stress better. Let go of the rest!

"THE SECRET OF HEALTH FOR BOTH MIND AND BODY IS NOT TO MOURN FOR THE PAST, WORRY ABOUT THE FUTURE, OR ANTICIPATE TROUBLES, BUT TO LIVE IN THE PRESENT MOMENT WISELY AND EARNESTLY" BUDDHA

Group Fitness Corner

ZUMBATOMIC

The acclaimed fitness party workout set to contagious international rhythms has introduced the 'Zumbatomic' program for kids! Zumbatomic teaches kids fundamental concepts such as increasing their focus and self confidence and enhancing coordination through a high energy workout designed specifically for kids ages 8-12years! Fitness and Fun for kids! Instructor: Beata Bajzath Sundays 2-3pm in the JCC Aerobic Room Drop in rate: \$10

- As we approach the cold and flu season, please do not attend classes if you are ill. Although we share in our fitness goals and workout efforts, let's not share in our germs :) Also, remember to wipe down your mat using the disinfectant spray bottles after your class.

Trainer Spotlight: Alan Franzi



My name is Alan Franzi and I am happy to have an opportunity to introduce myself. I've been Yoga instructor here at the JCC for five years, teaching Yoga meditation and healthful movement practices for over 20 years. It is exciting to be working with this community that is so committed to taking authentic respon-

sibility for their health.

For people who are having movement difficulties because of pain or other physical issues I am especially happy to offer the non medical functional approach to movement in the "Pain Free Yoga" class and Individual Posture Therapy practice that I have brought to the JCC.

It is common for people to come to my classes or consult with me privately about a physical pain or diagnosis they may have received. Usually it is validated by X-rays, MRI's and other compelling diagnostic evidence. In the absence of a true medical disease, I have found over the years that these problems are often the effect of musculoskeletal imbalance and resulting postural misalignment. Posture oriented therapists such as me have a phrase for this we borrow from the therapist and author of "Pain Free", Pete Egoscue. It insists "It's the position (posture) not the condition", of our bodies that is so often at the root of this type of problem. Bursitis, arthritis, low back pain, spinal disk or hip issues that include degenerative conditions can present themselves when the body habitually moves in ways it is not designed. All this can happen due to injury, lifestyle and a host of other causes. To help with these problems, the individual therapy work I do expands upon what I do in the "Pain Free Yoga" class.

In the therapy, we begin with a comprehensive postural analysis and additional movement testing. The client and I can determine directly how any imbal-

ances discovered may be at the root of their problems. Corrective Yoga and functional movement exercise sequences (called "menus") are then formulated. When these are done consistently menus are intended to restore more correct alignment and movement patterns and give the body a chance to utilize its own healing capacity. As changes unfold we continue to reassess to help assure progression in their therapy according to goals that have been set.

As things unfold clients' understanding of the problems grow. There becomes a true collaboration in recovery. It has been a great joy over the years to help students and clients become empowered to read the body's messages, diminish fears and recover trust in the instincts we all have that lead us toward recovery of our health and peace of mind. I am more than happy to offer short individual assessments as help to understand how your posture and movement pattern may be getting in the way of your activities and pain free lifestyle. I hope to see you in class!

Alan Franzi, M.S., CYT, P.A.S, brings over 20 years experience in Yoga Therapy. He is certificate trained in Sivananda Yoga, integrative Yoga Therapy, Kundalini Yoga (with Ravi Singh and Ana Brett) and Gestalt psychotherapy. In addition, his teaching draws on his advanced study and practice in Kripalu Yoga, mindfulness meditation and stress management techniques. A Certified Posture Alignment Specialist trained in the Egoscue Method® of posture alignment at the Egoscue University in San Diego, CT, his work brings a powerful adjunct to yoga for those seeking a life free from chronic pain, enhanced physical performance and function and optimal wellness.

Member Testimonials

"I attended one of Alan's 'Pain Free' classes because I was suffering from constant neck and shoulder tightness and pain as a result of having neck surgery. It was so beneficial that his exercises are now a part of my daily exercise program. I am literally pain free." —Bob Rosner



Bob Rosner



Jen Poulsen

"Alan Franzi is a miracle worker. Through his guidance I have gone from a life of constant, chronic back pain to a functional human being again. I do the "menu" of exercises he has suggested for me daily. No more Motrin. No more pain. I used to drive an hour to take his class on Saturdays in Guilford, so I'm glad he's giving the Pain-Free Yoga class at the JCC now. I would drive two hours if I had to though. He's worth it." —Jen Poulsen

Sprouting Up!

They're the most hated vegetable in America, according to a 2008 survey (though kids apparently detest eggplant even more). They're the spinach of the post-Popeye generation. Yet there are people who dare to love Brussels sprouts. Really. True, sprouts can taste bitter. (To boost your odds of a bitter-free batch, buy dark, tightly closed sprouts about an inch across with no yellowing or brown spots, use them within a day or two, and don't over cook them.) But good Brussels sprouts are remarkable. It's not just that they're rich in lutein and vitamin C and K — at just 60 calories per cooked cup. It's that they taste *fabulous*. Really.

For the simplest recipe, toss 1 lb of Brussels sprouts with 2 Tbs. extra-virgin olive oil and 1/8 tsp. kosher salt, and roast at 425° F until well browned, about 35-40 minutes.

Or cut 1lb of sprouts in half lengthwise and steam until they're bright green and tender (about 5 minutes), then drizzle with mustard sauce (whisk together 2 tbs. extra-virgin olive oil, 2 Tbs. orange juice, 1 Tbs. country Dijon mustard, and 1 tbs. lemon juice).

Or sauté 1lb of sliced sprouts and 3 sliced shallots in a non-stick skillet in 2 Tbs. extra virgin olive oil until lightly browned and tender.

Brussels sprouts may never be as popular as broccoli or carrots. But how can they, if some people never give them a chance?



Article From: Nutrition Action
Health Letter ®
Center for Science In The Public Interest
October 24,2011

Keeping families strong!!

LARGEST LOSER FALL 2011



CONGRATULATIONS ALL PARTICIPANTS AND TRAINERS! Your hard work and efforts are admirable! This contest saw a total of over **906lbs lost**, that's an average of **26lbs per person** in only seven weeks!

Special Congrats goes to the **RED TEAM** for winning the contest with a total team weight loss of 298.4 lbs and **13.54 %!**

FALL 2011 LARGEST LOSER (MALE): **Red Team's Tom Balch** losing 63.6 lbs and 22.4%!

Second place: **Blue Team's Owen Stein** losing 55.6lbs & 20.8%

Third place: **Green Team's Stanley Haze** losing 36.2lbs & 16.8%

FALL 2011 LARGEST LOSER (FEMALE): **Blue Team's Bonnie Stein** losing **38.8 lbs** and **20.6%!**

Second place: **Green Team's Teresa Zastaury** losing 29.4lbs & 17.7%

Third place: **Red Team's Kathy Torres** losing 28.2lbs & 16.6%

Thank-You again everyone for a fantastic contest! LARGEST LOSER SPRING 2012 BEGINS IN MARCH with Casting Calls in February!

GIVE THE GIFT OF HEALTH & FITNESS

Holiday gift certificates are available for any of our fitness programs or memberships. An Intro To Personal Training offers Four 50 minute sessions for only \$216—a great way to get someone started on their New Year's resolution!

Gift Certificates can be bought at the control desk
Questions contact Susan at 203-387-2522 ext 265



Find us on
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At JCC New Haven Fitness



keeping families strong

The Jewish Community Center of Greater New Haven provides a friendly, warm place for Jewish thought, learning and values. Our state-of-the-art, fully accessible fitness facilities help promote our goal of total wellness through health of both mind and body.

The JCC strives to make a tangible link with Judaism available to every Jewish individual, and to be a common meeting ground for all segments of the community.

Our goal is to strengthen Jewish family ties, increase understanding of the Jewish role in society, and make a positive contribution to the community as a whole.

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