

TO YOUR HEALTH— *Cyndy Grinde and Jan Wolfe*

Yoga

Yoga means to yoke, join or unite. The chief aim of yoga is to unite the body, mind and spirit to enable one to look evenly at life. Yoga is more than 5000 years old and evolved out of ancient India. It was developed as a means of acknowledging or returning to the source of life.

There are several types of yoga, and many people do a blend of several of the types. Some examples are Iyengar yoga where attention to detail and precision of alignment are stressed—using a lot of props to maintain and enhance alignment. Ashtanga yoga is known as “power yoga” with the emphasis being on strength, flexibility and stamina. Viniyoga is a slower form of yoga, where the breathing and movements are coordinated. Anusara emphasizes the Universal Principles of Alignment, and flowing with grace.

The movements in yoga strengthen the bone and the muscle, as well as toning the muscles. Yoga increases flexibility and suppleness in the muscles, making them use energy more efficiently. Yoga will give you more energy, increase concentration, attention span and the ability to relax. You will find increased lung capacity and stronger lungs and heart. Yoga stimulates the cleansing of toxins, strengthens the immune system, tones the kidneys, balances hormones, and increases nutritional absorption. You will also notice an improvement in your balance. **AM**



~Cyndy Grinde has earned several certifications in fitness, health, yoga and personal training among them are (ACSM) American College of Sports Medicine, Yoga Motion Certification and New Leaf Specialist.



PILATES

Practitioners describe it as a unique method of body conditioning that combines muscle strengthening and lengthening with breathing to develop “the powerhouse” of the body or the trunk and restore muscle balance to the musculoskeletal system. Pilates exercises teach awareness of breath, alignment of the spine, and aim to strengthen the deep torso muscles.

Joseph H. Pilates developed the Pilates method in Germany more than 90 years ago to overcome asthma and rickets. He sampled movement regimens and therapies that included Eastern based Yoga, self defense, weight training, and gymnastics to develop his method of “Contrology” or conscious muscle control. He first used contrology to help World War I interns recover from injury and illness more quickly and to help rehabilitate nonambulatory patients.

Contrology was coined by Pilates to describe his method of conscious, intentional control of all movement and the correct use of gravity, equilibrium, and leverage principles of the musculoskeletal system.

Most Pilates exercises integrate the entire body, training several areas of the body at one time through stabilization and mobilization. Pilates emphasizes quality over quantity. Precision and control contribute to quality of movement, with this emphasis the muscles are worked to fatigue in less time and with less repetition.

Pilates exercises seek to stabilize the pelvis, spine, and shoulder girdle in single planes of motion. Beginner exercises are usually performed supine or prone. The torso remains still through the core stabilizers while the arms and legs move in patterns. Once core stabilization and control have been mastered, exercises then advance to multiplanar, multi-articular movements without compromising form. **EM**

Here are just a few benefits of Pilates:

- Improved flexibility of the spine and joints
- Improves postural problems
- Increases core strength
- Improves balance, coordination and circulation
- No impact, easy on the joints
- Can be customized for everyone from rehab patients to elite athletes
- Balances strength and flexibility
- Heightens body awareness



~Jan Wolfe has 26 years of experience in the fitness industry and has a strong personal commitment to Health and Wellness. Some of her certifications include (AFAA) Aerobic Fitness Association of America, (ACSM) American College of Sports Medicine and Physical Mind Institute for Pilates.