



February Newsletter



Options in Fitness moved in with Sky Movement last October in Peekskill. Since then we have had many brainstorming sessions resulting in pulling together our forces and coming up with a unique and beautiful space that combines spacious personal training rooms as well as intimate group class formats that bring together fun, stress relief, and rejuvenation.

Check out our calendar and join us for a class or two!

Group Class Schedule

Integrated Movement:

Tu 9:30am

Sa 10am

X-Bike: M/W/F 9am

Su 10am

Belly Dancing:

** Tu 6pm*

Sa 12pm

call Liz Ford to register

914.737.5817

cost: \$60 for 4 classes

*Tai Chi: * Tu 7:15pm*

*Zumba: * Th 6pm*

** Su 9am*

*Boot Camp: * Sa 9am*

Yoga: W 6:30pm

*New classes (marked with *) will begin week of February 7th.*

Class Descriptions

Integrated Movement

This class is based on a compilation of research and body work studies, melded together to form an overall body and mind experience. The flow of yoga-like movements calms the mind and connects breath with movement.

This, combined with the conditioning elements of resistance training and calisthenics, promotes overall health and well being, resulting in a healthy, younger stronger body.

X-Bike

X-Biking features adjustable free-wheel resistance to simulate outdoor riding and promote proper cycling form. The side-to-side movement in the adjustable-resistance handlebars strengthens your upper body and core. Balance, power and core stability are increased as you smoothly coordinate upper and lower body movements. This, combined with interval training (i.e. maximum effort interspersed with relief periods), increases metabolic costs, boosting cardiovascular-vascular output. The end result is an experience similar to outdoor cycling, in a controlled, supportive environment.

Belly Dancing

Have Fun, lose weight and feel wonderful! This ancient dance is undergoing a surge of popularity as one of the best workouts for all shapes and sizes. Call Liz Ford at 914.737.5817 for information.

Tai Chi

week of February 7th.

March 1, our prices will increase to \$20 per class, or purchase a 10-class card for \$150.

*INTRODUCTORY SPECIAL:
Buy a 10 pack card before February 28 for only \$120.*

We limit our class size to no more than 12 participants in order to ensure the most personalized workouts and intimate atmosphere possible.

The x-bike class limit is 8 participants. Call 845-424-455, or email margaret@tradenets.com to reserve a bike.

*Cost per class \$20
Sky card of 10 classes \$150 (save 50)*

Buy a Sky card before February 28 for only \$120. (save \$80)

This class is based on what many consider the original form of Taiji, developed in the early 17th century at the Chen village and known as the Chen style. This form is practiced with slow graceful movements with sudden bursts of energy release known as "Fajing". In addition to learning a basic form, the class will include various warm up and meditative exercises centered around basic movements including a series called "silk reeling". The class will be an introduction to what is hoped to be a lifetime of discovery of movement, balance, the body, mind and spirit of the practitioner. Wear comfortable clothes and flat, flexible sneakers.

Zumba

Join the fastest growing fitness craze. Zumba is easy to follow steps with pulsating latin rhythms that let you shimmy and shake your way to a super sculpted body. Zumba melts fat away and gets you toned and fit. Get Energy- Have Fun- Lose Inches!

Boot Camp

High intensity strength and cardio exercises designed to challenge your strength and endurance while burning lots of calories.

Yoga (all Levels)

We invite you to discover the eight great forms of Yoga. Find out how you can gain a personal experience of the wondrous integration and delightful harmony of body, mind and spirit. This world yoga class is designed to help you discover your real and amazing potential for a happier, more successful life.



The heart is our most vital organ, without it we fail. For obvious reasons we want to keep our heart in the best shape possible. Here is how:

- *Get in at least 30 minutes of vigorous exercise most days of the week*
- *Breathing exercises: Focus on your breath periodically throughout your day. Practice meditation.*
- *Stretch your body. Here is a great stretch for the heart. It is called heart pose or as many of you refer to it as down-dog in Yoga. Notice my head is looking out at my hands. This is to open up the heart meridian pathway.*
- *Resistance training: At least 2 times per week, exercising all major muscle groups.*
- *Laugh often and laugh hard*
- *Dance*
- *Love*
- *Cry when you need to*



Food Focus & Recipe of the Month

Foods for a Healthy Heart:

- *Grains (whole wheat, brown rice, oats)*
- *Mushrooms*
- *Silicon Foods: cucumber, celery, lettuce, oatstraw tea, barley gruel, oat goat tea*
- *Fruit: mulberries and lemons- calm the mind. Schisandra berries- calm the spirit.*
- *Seeds: jujube seeds- nourish the heart.*
- *Spices: dill and basil- give a calming effect.*
- *Herbs: chamomile, scullcap, valerian- help with insomnia and nerves.*
- *Animal Products: quality cow and goat milk- nourish the spirit of the heart.*
- *Oyster shell- for the jin of the heart.*

** Pitchford, Paul. Healing with Whole Foods, 2002.*

Food Focus: Mushrooms

Mushrooms are valuable health food - low in calories, high in vegetable proteins, chitin, iron, zinc, fiber, essential amino acids, vitamins & minerals. Their legendary effects on promoting good health and vitality. Mushrooms are probiotic - they help our body strengthen itself and fight off illness by maintaining physiological homeostasis - restoring our bodies balance and natural resistance to disease.

Recipe of the Month: Mushrooms and Greens over Millet

*1 onion chopped
2-3 cloves of garlic chopped
1 bunch of collard greens, swiss chard, or spinach chopped
couple tbs of olive oil and butter
12oz cremini mushrooms
1-2 portobello mushrooms
8-10oz shitakii mushrooms
salt and pepper to taste
a little wine to taste (red)
Fresh parsley*

Directions:

Saute onion and garlic in olive oil and butter till soft. Add chopped greens. Saute until bright green. Add chopped up mushrooms, wine, and salt and pepper to taste. Cook until mushrooms are tender.

Millet Recipe:

*1 cup millet, soaked
3 cups water
a few grains of sea salt*

Directions:

Place millet and salt in a pot of water. Cover. Bring to a boil. Reduce heat to low. Simmer 30 minutes or pressure cook 20 minutes.

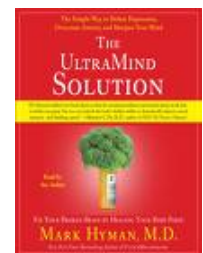
Serve mushroom mixture over millet. Chop parsley, sprinkle on top. Add grated pecorino romano cheese to taste.

Upcoming Book Review & Past Events

Book Discussion and Review: This is a free event, I invite you all to come. We will discuss the book The Ultramind Solution by Dr. Mark Hyman. Hosted by Darby Melnik

Thursday, February 11th

Time: 7pm



Lunch was served by Laurie Gershgorne, Healthy Culinary Creations LLC, that was not only delicious but health supportive and seasonal. All the ingredients were explained in terms of their healthful and healing properties.

We were also joined by Elizabeth Troy who has spent more that 16 years helping Bob Cooley develop this technique. She brought great insight into the value of resistance stretching and what it can do for you.

If you missed this one of a kind workshop, don't worry we will be doing it again! Look for more information to come. Until then please contact Darby Melnik to sign up for your personal stretching session and she will be glad to give you an overview.

Forward to a Friend

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

