



Energy Movement Center Newsletter

July 2010

JOIN THE MOVEMENT.

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EMC Welcomes

Belle Ritter's

South Street Dance Center

[Click here to get more information on Belle and class schedule](#)

FEATURED CLASS:

ZUMBA
IS BACK!
SUNDAYS 12 - 1 Pm

Ditch the workout and join the Party!

Happy Summer! Try Something New

Summer is finally in fully force, and the living is easy! Do you notice in summertime how everything seems promising? The plants are in full bloom and the sun feels glorious on your skin. The longer days give you boundless energy, making you feel like it's possible to achieve all your desires and dreams. Why not harness this energy, ride the wave of summer and try something new?

Throughout the year we live at an intense pace (physical, emotional and mental), and we often get stuck in routine, either for the sake of efficiency or out of fear of unfamiliar territory. The lack of variety in doing the same things over and over stagnates not only our minds, but also our bodies and hearts. Are you hesitant to break your routine? Fear and excitement have the same physiological expression in our bodies; it is our mind that classifies the feeling as either positive or negative. So the next time you consider a change in routine and your mind says "scary!" see if you can re-frame it as "exciting!"

What is something you have never done before or that you have wanted to do for a long time? Choose your own adventure: organize a kayak trip, take a dance class, do some exotic traveling or set a goal for a new personal challenge. Or try something simple, like playing flashlight tag with your kids and neighbors or reading in the sunshine. Maybe it's time to discover a new vegetable dish or to visit a new town, restaurant or beach.

Whatever adventure calls to you, use this summer to make it happen and enjoy your life. Increasing new experiences and excitement in your life can decrease your dependence on artificial stimulants like caffeine and sugar, leading to more vibrant health. Watch out for massive

Sara Martinez leads the party, dance your cares away to the rhythms of Latin and international music. The fitness element is infused into the dance movements and essential to your weight loss goals, as you lose yourself in the playfulness of the easy to follow dance movements! Work at your level and modify the movements to suit your body as it is today. During the last 20 minutes of the class we will fuse sculpt and Pilates exercises to build muscle and cool down for our safe trip home.

[Click here to view our Class Schedule](#)

[Click here to view our](#)

[Summer Class Schedule](#)

CALL FOR A TOUR
OR A FREE HEALTH AND
FITNESS CONSULTATION

914-930-1504
OR EMAIL:
dlnelnic@aol.com

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improvements in physical well-being, mental acuity and motivation, plus a full portfolio of fun.

Body Focus - Small Intestine

The Small Intestine and Heart have long been associated with the summer season. Keeping these organs healthy is crucial to our emotional and physical well-being. I talked about the Heart in February because of its significance to Valentine's Day and National Heart Month.

The small intestine is the balancing organ to heart, according to Chinese Meridian Theory. Our bodies often get out of balance in the summer time because we tend not to give up our ways of cooking during the summer so we are eating lots of grilled meats, potato salads and the likes. The small intestine's job is to separate the nutrients in our food after it is digested in the stomach. It is important to recognize that our bodies are under a lot more stress in summer trying to keep cool. The small intestine has to work a lot harder when eating heavy rich foods from the mayo in the salads to the toxic charred coating on the grilled meats. Keeping your food selection simple, raw, and cooling will help your body to stay cooler, lighter and more energized to better enjoy the warm sunny days. Keeping your diet lighter clears the mind, improves memory and decision making skills.

It is important to exercise smarter during these hot long days. The muscles really respond to heat. Keep well hydrated and you will be surprised what your body can do in the summer. Find an outdoor yoga class, take walks in the early morning or late in the evening.

Exercise/Stretch for Small Intestine

The small intestine meridian runs from the end of the little finger up the outside of the arm, over the shoulder ending in front of the ear. Eagle pose, plank, side plank, and down dog exercises improves your balance and stretches your upper back, shoulders and outer thighs.

To learn more about stretching for your meridians come check out our Stretch to Strength class on Mondays 6:15 - 7:30 pm and Thursday 9:30-10:30 am. Or call Darby at 914 930-1504.

Food Focus - Summer Veggies

Cold Zucchini and Summer Squash Soup

Adapted from [Bon Appetit](#)

2-3 tbsp olive oil and maybe some butter
 1 medium onion, sliced or chopped
 2 garlic cloves, sliced or crushed, your choice
 6-9 medium zucchini or summer squash, or a mix
 4 cups broth
 sour cream, for garnish

*You'll need a blender or an immersion blender for this. In a large pot over medium heat, cook the onions and garlic in the olive oil and/or butter until they're brown. This can take 35-45 minutes. Well worth the time because the onions get

sweeter the longer they are cooked.

Add zucchini and summer squash, toss with the onions. Add the broth and bring to a boil.

Once boiling, cover, lower heat to a simmer, and cook 10 minutes, until zucchini are tender.

Let cool to lukewarm and blend. Serve lukewarm or cold. Garnish with sour cream.

We hope you enjoy our newsletters. Please forward to your family and friends if you do. We are always looking for feedback; please send us what you like or what you would like to see more of. Thank you.

Sincerely,

Darby Melnik & Paula Carnabuci
Energy Movement Center

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