



Energy Movement Center Newsletter

May/June 2010

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FEATURED CLASS: [AWAKE AND ALIGN YOGA](#)

Thursdays 7:30 am

Gentle asanas (specific body positions) to stimulate your muscles and organs, and open energy channels.

Yoga can be done at any time of day but is particularly powerful at the beginning of the day before you break your nightly fast and the general activities of the day have begun.

"In time, anyone who continues with regular yoga practice becomes aware of a



Dear Friend,

"What takes you to 40 won't take you to 80", a friend of mine once told me. As I approach 45, I realize more and more how right he is. Although I still like to run and able to relatively pain free, I don't run more than 3 days per week, (heck, I am lucky if I get one run in a week these days). But, being in the health and fitness field, I am forced to move my body every day. I have found better ways to do so and maintain the shape of my body rather than running on a treadmill, lifting weights and intense workouts like I used to do. I have even shed that last 5 pounds. How have I done this? I would have told you it was the meridian stretching techniques I have used and how it has reformed my body, but it hasn't shed the unwanted pounds from all of my clients.

I had next to me the New York Times magazine from April 18th, 2010 and started reading the article titled, "The Truth about Exercise and Weight Loss" by Gretchen Reynolds. What occurred to me was the real reason that resistance stretching and moderate exercise such as yoga and walking was working. I was not over exercising my body and putting it into a state of panic. You see women's bodies (as well as some overweight men) are biologically set up to maintain energy stores for reproduction. So after vigorous exercise, the hormones responsible for increasing appetite are released and insulin levels drop so a biological paradigm has been set up to make sure you replace those lost calories for reproduction. Thus our insulin levels drop, our need for sugar greatly increases, so we crave those simple carbs. The faster we get them in the better. Or so our body thinks.

So, what to do... Well, the key seems to be losing the weight first by reducing calories and moderately increase activity. Increasing evidence is emerging that proves low intensity movement such as standing instead of sitting, taking the stairs, fidgeting, walk from the back of the parking lot to the store has a greater effect on weight loss because it doesn't seem to trigger the "caloric compensation effect". Other forms

subtle change in their approach to life for, through persistently toning and relaxing the body and stilling the mind, you begin to glimpse a state of inner peace which is your true nature." (Saraswati, 1997)

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

CALL FOR A TOUR
OR A FREE HEALTH AND
FITNESS
CONSULTATION

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

Click here to view our

[June Class Schedule](#)

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of exercise like Tai Chi, Pilates, Yoga, and even simple stretching can help to burn calories without over taxing the body. So this seems to allow one to be able to stick to a healthy eating plan that includes whole foods, mostly plants and whole grains, with moderate amounts of good lean protein.

Mindful eating:

- Chew each bite 30 times
- eat whole foods, get rid of all processed foods
- limit to 3 meals per day
- drink 1 glass of water before you eat
- make sure you are hungry before you eat
- listen to your body

As you get to your goal weight then increasing the intensity of your workouts actually will do what it is suppose to and that is burn fat immediately after meals, and re-establish the homeostasis between intake and expenditure to secure a lower body weight. To read the whole article go to, www.nytimes.com/2010/04/18/magazine/18exercise-t.html?ref=magazine.

Remember laughing counts as low intensity movement too!!)

Darby Melnik, Owner Options in Fitness LLC
ACE CPT, Health Coach, AADP

Body Focus - Gallbladder

The gallbladder is an organ under your liver. It stores the bile that your liver makes and is released when needed to digest fats and neutralize acids. Sometimes substances in the bile can crystalize and form gall stones causing pain and discomfort. Green apples can help to dissolve these substances and the stones can pass through. Check out this site for more information on preventing and treating through diet: www.gallbladderattack.com/gallbladderdiet.shtml#gallstonediet

Exercise/Stretch for Gallbladder Meridian

In ancient Chinese meridian theory, the gallbladder meridian is the largest meridian in our body starting at the pinky toe, up the side of the leg, zig zags through the hip area up the back through the base of the head, up around the ear, jaw and above the eye.

Pigeon Stretch is a great stretch to energize the gallbladder meridian as well as opening the hips helping to alleviate knee pain and lower back pain.

(See www.yogacards.com/.../pigeon-SUPPORTED.jpg)



Food Focus - Sprouts

In the spring season, seeds flaunt their vitality and energy by sprouting. Sprouts of all varieties contain the building blocks of life in the form of vitamins, enzymes, amino acids and simple sugars. In their early growth state, sprouts are very easy to digest, allowing our bodies to access



many wonderful nutrients. Recent research by the American Cancer Society has backed what holistic nutrition has known for years: that sprouts contain anti-cancer properties, high levels of active antioxidants, concentrated amounts of phytochemicals and significant amounts of vitamins A, C and D.

In their raw form, sprouts have a cooling effect on the body, and therefore are best consumed in warm weather or by robust, warm body types. Those who tend to feel cool can try steaming sprouts or adding them to warm dishes such as stir-fries and soups, to reduce the cooling effect. There is a wide variety of edible and delicious sprouts, each with a different texture and flavor: alfalfa, mung bean, lentil, radish, clover, sunflower, broccoli, garbanzo and adzuki.

Here are some great ways to serve up sprouts:

- Add to salads.
- Combine with other vegetables in wraps, roll-ups or stir-fries.
- Use as garnish on top of soups, stews, omelets or scrambled eggs.
- Add to rice or whole-grain dishes.
- Use in sandwiches instead of lettuce.

Spring has arrived! Eat sprouts and feel alive!

Check out this website to grow your own:
[grow your sprouts](#)

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