



http://www

# breathe

Integrating wellness and  
function

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*Learning how to correctly  
take your pulse is the  
first step in monitoring  
your exercise intensity  
when using a target  
heart rate zone.*

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## Welcome

By Trish Muse, MPT, CSCS

Welcome to the first edition of Breathe, the Body Productions quarterly newsletter. By providing relevant information and helpful advice we hope to accompany you as you strive towards your health and fitness goals.

Our newsletter is entitled Breathe as it is the fundamental beginning of all activities and function. Breathing encourages us to calm, center and focus for optimal energy, efficiency and performance. So, breathe and all else will flow...

## About Trish

Trish is a physical therapist, Polestar Pilates practitioner, certified Strength and Conditioning Specialist. Certified by the American College of Sports Medicine as a Health Fitness Instructor, Trish is located in the Washington DC metropolitan area. Visit [www.bodyproductions.com](http://www.bodyproductions.com).

## Let's Interact

If you're trying to lose weight, doing aerobic exercise in your target heart rate zone for at least 30 minutes is part of the equation for success. In order to know whether you are in your target heart rate zone, you have to be able to take your exercise heart rate or monitor it with a heart rate monitor. Do you know how to correctly take your exercise heart rate also referred to as your pulse? Just in case you're pulse taking skills are rusty, let's review.

Place your second or third finger on the thumb side of your wrist (radial pulse point). Lightly feel for the pulse without pressing too hard. Start counting your pulse with zero. Count for 10 seconds while you continue to move. Multiply that number by 6. This is your exercise heart rate for 1 minute. For example if I counted 20 beats in 10 seconds. I would multiply  $20 \times 6 = 120$  beats per minute. My exercise heart rate is 120.

## The Pilates Place

*Trish Muse, MPT, CSCS*

One of the first things you learn in Pilates is how to find a neutral spine. This can be tough when like many people your mind and body are still searching for a connection. In order to help with that process, there are few techniques you can use to help you find a neutral spine.

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*There are 6 principles in Pilates. The first principle is breath.*

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If you are lying on your back, bend your knees and bring your feet flat on the floor. Make sure that your spine is elongated by placing your ears over your shoulders. In this position your chin will be in a position towards your chest. The very back to lower back of your head is in contact with the floor. You can always pretend to hold a tennis ball or apple between your chin and chest which will help get your spine in an elongated position.

Now that your spine is elongated, slowly press your back flat to the floor. Get a good feeling for your body's position like this. Next, slowly arch your back off of the floor leaving your bottom in contact with the floor. Pretend as though you're creating a tunnel for a toy truck to drive through. Alternate between these two positions until you find a position that is most comfortable for you. This should be a position between the flat back and arched back position. You should be level.

You can use the same technique when in a tabletop position (on hands and knees). While in this position, alternate between an arched back and sagging back. Slowly find the position that's most comfortable for you. Pretend as though a little kid were going to ride on your back. Your back would have to be level in order for this to happen.

Try each technique and see which one works best for you. Then, memorize what it feels like to be in neutral.



Trish Muse, MPT  
President

## Body Knowledge

By Trish Muse, MPT, CSCS

### STUDY SHOWS VEGGIES FIGHT DEMETIA

A study published in the Oct 24, 06 issue of Neurology shows vegetables help to slow the rate of cognitive decline. Consuming 3 servings of vegetables per day has been shown to decrease the rate of cognitive change in older adults.

3,718 Chicago residents 65 years of age or older who ate 1 as opposed to 2.8 servings of vegetables were tested. Researchers found those who ate more vegetable servings had a slower rate of decline in cognitive function. The reduction in progression of cognitive deficits was approximately 40%. This rate of reduction was reported to be equivalent to about 5 years of younger age.

Green leafy vegetables were found to have the strongest association with decreasing the rate of cognitive decline. Older adults showed a greater reduction in their rate of decline when eating more than 2 servings of vegetables a day. Fruits were not linked to cognitive changes.



*The new food guide pyramid.*

## TRISH'S Tips

During this holiday season be creative with your efforts to stave off the extra pounds and get a workout. Try this tip to start the season and your New Year's resolution off right. During the 12 Days of Christmas stick with the pear tree theme and try more fruit like the seasonal clementines and dishes with cranberries as opposed to cookies.

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*Wishing you and your loved ones a peaceful and magical Holiday season. May the New Year bring health, happiness and prosperity for everyone.*

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## Transitions

**What is wellness coaching?** Wellness coaches help clients improve all areas of wellness to include fitness, nutrition, weight loss, stress, health and management of medical conditions, health risks and lifestyle issues as they influence wellness. Wellness coaches are health and fitness professionals who have successfully completed wellness coach training and earned certification from leading corporations including Wellcoaches Corporation, in strategic partnership with the American College of Sports Medicine.

## Living

Trish Muse, MPT, CSCS

If you love outdoor adventures, check out Trish's leg workout for hiking in the October/November 2006 issue of Heart & Soul magazine. There are 3 exercises designed to get you in shape on and off the trails.

## Products Profile

Check out the latest ebookle, 20 Tips to Safe and Effective Exercise Programming for Breast Cancer Survivors. This resource for fitness professionals will be available after the Fitness Business Radio podcast this fall.

## Calendar

Tune into Fitness Business Radio for a podcast on Fitness for Breast Cancer Survivors by Trish. Date to be announced.



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## Food for Body & Soul

Remember sports drinks are generally recommended when you'll participate in endurance events 45 minutes in duration or longer. The amount of glucose in the energy or sports drink is an important factor in supplying your immediate performance needs. If your beverage contains less than 5% glucose it will not be sufficient to provide you any benefit. Sports drinks containing 10% or more will not be beneficial either as that level of glucose is too high and will require digestion in order to be used. 6-8% is considered to be an adequate amount of glucose to provide a quick energy source that can be rapidly absorbed.

## Fitness Architect

For a great total body exercise, try squats with an overhead press. Sit on a stability ball with dumb bells resting in front of your shoulders with elbows bent. Stand up and lift the dumb bells into an overhead press alongside your cheek bones, close to your head and in front of your ear lobes. Return to an almost seated position about a few inches from the ball and repeat. Do 3 sets of 8-12 reps.

## Fit Kids

### 1. ALPHABET HOPSCOTCH

For preschoolers and younger elementary school children try alphabet hopscotch. Draw the hopscotch grid with chalk or use an alphabet puzzle mat for indoor or outdoor play. Use the alphabet instead of numbers and interchange the letters to spell names, shapes or animals for variety. Work on fine motor skills and let the kids draw the grid with chalk. Help kids learn which letter comes next. Have kids say the letter sounds when they land on the letter to keep the game interesting. Improve gross motor jumping skills and coordination by using single and double leg jumps and targets to direct landing.