

# Fit for Life

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## Body Recall

Remember way back when you “used to” be able to do certain activities...things that you can’t today, but wish you could? We’ve all heard the old saying, “it’s like riding a bicycle.” For most of us, it’s not that our bodies can’t do those activities anymore, it just needs to be reminded how to do them.

To help us get back some of that ability, we are offering a new course called Body Recall. The dictionary defines the word recall as to call back, to remember, to restore, to revive, to return and to remember things learned or experienced. Designed for all fitness levels, Body Recall is a fitness program designed to restore strength and movements. The class focuses on how to correctly perform familiar skills with exercises that aren’t difficult. If you have a body, you can do Body Recall!

You will learn a series of stretching and strength building exercises to improve posture, balance and mobility. We will help your body bring back the muscle memory that will turn “I used to” into “I can.” With a little dedication you can bring back all those activities you once enjoyed doing such as gardening, walking without pain, playing with your grandchildren and traveling.

The first class will be held on Mondays and Wednesdays, beginning May 5, from 3 p.m. to 3:50 p.m. The cost is \$35 per month. Space is lim-

ited, so I do encourage you to sign up soon.

## “Weigh to Go” Fayette

After listening to the wants and needs of our members, I have developed another new class, “Weigh to Go” Fayette”. This program will offer nutritional and fitness support to help us achieve a healthier lifestyle. This is not just a diet but rather, it’s a program that we can live with for the rest of our lives.

A lot of “diets” are calorie restricted and deprive us of the foods we love. Yes, we lose the weight but over time we can fall, or even jump, off the wagon and back to our old ways of unhealthy eating which, not only lacks in proper nutrition but packs on the pounds again. This is a never-ending roller coaster ride that can wreak havoc on our bodies. Weigh to Go Fayette will teach you how to shop, eat, and work out in ways that will make you healthier, leaner and stronger...for life. Weekly weigh-in and food journals will be provided to help you track your progress.

For those interested, instructions will be provided in this course on how to use an Internet-based health and wellness program, which tracks the food you eat, exercises you perform, calories you’ve burned and your overall progress.

You will be encouraged to either join some sort of fitness class or to exercise on your own. Each week you will learn fitness tips and exercises that can be done anywhere and without special equipment. “Weigh to Go” Fayette is a weekly class that begins Monday, May 3 at 10 a.m. and will be just \$35 per month for members. This is an exceptional value for all the information and support you will receive!

It has been proven that those who exercised in groups lost weight faster than those who exercised on their own. We offer a variety of fitness classes to “kick start” your fitness program. In April and May we will, once again, be offering our Boot Camp classes. Fitness Express is another great class for those who have limited time for a workout. Don’t forget, before you start any fitness or diet regime, always first consult with your doctor.

See a complete list of fitness programs beginning on page 8 of this newsletter. For more information on any of our fitness programs, contact me at ddavis@fayss.org or 770-461-0813 ext. 124.



Dawn Davis is a Certified Personal Trainer and Senior Fitness Instructor with special certifications in a variety of special programs including Yoga, Tai chi, Pilates and Zumba Gold.

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