



Fitness Trends 2009... What's HOT, What's NOT

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Good news...things are looking up! While trends come and go, we are really seeing some sensible, intelligent and genuine choices when it comes to fitness. Let's take a look...

What's HOT: *Private Yoga, Pilates & Dance Studios*

A Consumer Reports fitness club survey showed that consumers were happier with independent gym options, including privately-owned studios for Yoga, Pilates and dance, rather than big health-club chains. *Think about it...* a smaller studio is private, personal and friendly, they know you by name, you get one-on-one attention and more personalized service. It's a place where you belong!

What's NOT: *Big Gyms & Health-Club Chains*

The Better Business Bureau reported that the most common complaints pertained to contract disputes and billing issues. A Consumer Reports survey showed common complaints relating to dues hikes, contract or fee issues, and getting billed after a contract has been terminated. *Think about it...* do you really want to work out in a crowded gym, waiting around for a piece of equipment with sweaty strangers clanging weights around you, as they prance, strut, flirt and flaunt? No wonder you feel awkward!

What's HOT: *Mind/Body/Spirit*

Western medicine is now discovering the very real connection between mind and body that ancient philosophies have always known. Caring for the body, the mind, and honoring the spirit is where the future of fitness is headed. Which fitness approach embodies this concept the most??? YOGA, of course! *Think about it...* exercise is the number one best way to neutralize the physical and mental effects of stress. Conversely, stress management and meditation techniques can also directly improve your physical and mental health.

What's NOT: *Long Grueling Workouts*

Gone are the days of beating your body up with long grueling workouts, all for the sake of looking good. It's a sad and empty feeling to put all of your energy in to your



exterior appearance. *Think about it...* We're finally figuring out that feeling happy and balanced on the inside, with a body-friendly, fun approach to fitness works better than punishment and deprivation. Imagine that!

What's HOT: *Functional Fitness*

Movements that mimic your daily activities are becoming integrated into fitness training. For example, a squat with a bicep curl becomes a movement similar to picking up a bag of groceries off the floor. *Think about it...* during the course of ordinary day-to-day activities, how many times have you pulled a muscle in your back while you reach and twist? Functional training is the perfect way to stay strong and mobile, while preventing those common injuries from occurring.

What's NOT: *Gidgets, Gadgets & Out-Dated Gimmicks*

Products that promise to get you fit fast are on the way out. Gone are the spring-loaded inner thigh squeezers, miracle ab-blasters, perfect push-up devices, and complicated cable contraptions that guarantee a toned, muscular body within a matter of days. *Think about it...* you're smart enough to know that there's no such thing as a get-fit-quick gimmick. Getting fit requires very little equipment, if it's done right, and performed consistently, for the rest of your life! Right?! Slow and steady wins the race.

What's HOT: *Balanced Nutrition*

Finally. Sensibility based on balanced nutrition is what it's all about. Whole foods, such as vegetables, fruit, dairy, whole grains, lean protein sources and healthy oils & fats are to be included in a balanced, healthy diet. *Think about it...* nutrition consultations with a Registered Dietician are the per-

fect way to guide you along the right path to healthy eating!

What's NOT: *Fad Diets*

Thank goodness...no more grapefruit diet, soup diet, low-carb diet, or diets promising quick weight loss. We know they don't work. *Think about it...* imagine how thankful your body will be when it senses it's not going to have to shut it's metabolism down in order to survive. Whew!

What's HOT: *Personal Training*

Personal Trainers are a necessary component to getting on the right track with your fitness program. Not only will you learn life-long lessons with regard to proper alignment and bio-mechanics, but they can serve as a motivator and a work-out buddy, holding you accountable to your workouts. *Think about it...* most trainers will incorporate up-to-date cardiovascular, flexibility, strength, and stabilization training into the average exercise program, but look for someone who will individualize and customize your program for YOU and your needs!

What's NOT: *Not Having an Exercise Routine*

Hmmm...*Think about it...* Imagine if you could take a pill to alleviate depression, lose weight, reduce stress, release tension, improve your sex drive, reduce pain, promote sleep, improve complexion, give you a sense of euphoria, ease anxiety, enhance concentration, improve digestion, decrease risk of heart disease, and boost your immune system. Exercise is that "pill" so what are you waiting for? Get moving!

Full Circle Wellness Center is an integrated health, beauty and fitness facility. We have a private personal training studio, and we offer a variety of effective and fun Pilates, Yoga & Tribal Bellydancing classes in our group fitness room. Nutrition consultations and metabolic testing are provided by our Registered Dietician. Call 505-265-3400 to schedule a free consultation today.

Full Circle Wellness Center is open Monday through Saturday 9:00 a.m. to 7:00 p.m. We are located on Girard, 1/2 block North of Indian School.