



To Your Health

News, updates and health tips from East Highlands Fitness

January/February 2015

Issue #7

Spinning Classes



Spinning Classes have begun!! Our Premium Members have unlimited access to these classes. Basic Members can add these classes for the same price as bootcamps. Spinning is a great cardiovascular workout and great fun!! Renata and Bryan have put together awesome music to keep you motivated and energized throughout your workout! Beginners are welcome – you can go at your own speed, so don't be intimidated! And don't forget to bring a towel and water!

Current morning class times are:

- Monday and Wednesday at 7:15am (with Bryan)
- Friday at 6am (with Renata)
- Saturday at 8am (with Bryan)

And one awesome evening class (with more to follow soon):

- Tuesday at 6pm (with Renata)

Denise always welcomes feedback on our classes!

TV Filming at EHF!!



If you were at the gym on Sunday, February 8th between 1 and 3pm, you may have noticed the filming crew here from Siren Media. East Highlands Fitness was the gym Siren chose to film part of a segment about Zak Anderegg, a local man with a passion for fitness, hiking, and climbing. Zak became famous after rescuing a puppy, who he later named Riley, at the bottom of a 350-foot slot canyon in Arizona where he was climbing in 2010.

(Story continues on back...)

Add Chromotherapy to your Sauna!

Chromotherapy or Color Therapy healing is the science that uses various colors of the light spectrum to improve our mental well-being and physical health. Colored lights effect the vibrations in the body in frequencies that affect aspects of our health. The most commonly known light therapies involve the treatment of SAD (Seasonal Affective Disorder) and skin disorders such as eczema and acne.

(Story continues on back...)

You Spoke, We Listened!

Several of you have asked for an Arm Bike, which is great for rebuilding shoulders after surgery or injury, AND a step mill, the more current version of our existing steppers. Soooo, we have been thinning the cardio equipment a bit to make room to add those. We are on the lookout now for a screaming deal to bring those new pieces to EHF asap. Stay tuned...

(TV Filming story continued...)

Riley had been ruthlessly abandoned there and was in critical condition – you could count his ribs and vertebrae, and his skin had collapsed to nothing. Zak was able to get food and water to Riley and came back the next day with a mechanism to hoist the dog out of the canyon.

As he had been a victim of emotional and physical abuse throughout his childhood, Zak immediately felt a bond with Riley. As he nurtured Riley back to strength, Zak and Riley’s bond grew, and so did Zac’s strength to heal from his own past. To catch the full story, watch his YouTube video “Rescuing Riley” or read his book, ‘Rescuing Riley – Saving Myself’. And be sure to stay tuned for the air date!



(Chromotherapy story continued...)

Modern electronics allow us to use a group of LED’s in infrared saunas for chromotherapy. Not only can you enjoy the many benefits of our infrared sauna, you can also enhance your therapy session with the addition of one or more of the colored lights that can offer

benefits such as purifying the skin or bloodstream, relaxing nerves, lubricating joints, and even assisting with the elimination of localized fat. We have posted a guide on the sauna to help you choose the color best for you!!



Nutritional Tip of the Month



Research coming out of some of America’s most respected institutions now confirms that sugar is the primary dietary factor driving chronic disease development. Sugar, and fructose in particular, has been implicated as a culprit in the development of both heart disease and cancer. A diet that promotes health is high in healthful fats and very, very low in sugar, non-vegetable carbohydrates, and processed foods (where so much of it is hidden)!

If you’re still unsure about what constitutes a healthy diet, or need a plan on how to move your family in the right direction, check into EHF’s Nutrition Coaching program with Denise.

Fitness Tip of the Month



If your goal is to lose weight and flatten your stomach, doing lots of weighted ab exercises may not be the best strategy. Contrary to popular belief, there is no way to spot reduce body fat. Weighted ab movements build your abs bigger and push the fat further out making you appear bigger! Focus on weight moves, such as planks and trunk twists, to strengthen your core without adding bulk.

REMINDERS!

Monday	<ul style="list-style-type: none"> • 6am: Bootcamp • 7:15am: Spinning • 6pm: Zumba
Tuesday	<ul style="list-style-type: none"> • 6pm: Spinning
Wednesday	<ul style="list-style-type: none"> • 6am: Bootcamp • 7:15am: Spinning • 6pm: Zumba • 7pm: Yoga Fusion
Friday	<ul style="list-style-type: none"> • 6am: Spinning
Saturday	<ul style="list-style-type: none"> • 8am: Spinning • 9am: Bootcamp/TRX



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