

The Scoop

CONTACT

More Information at
www.SkinnyJeansForever.com
888-733-7375

CLASS ALERT

Classes Start 1st Week of January 2010.
Gift Certificates Available at the CRC for the holidays!

SKINNY MIX PILATES

\$56 / \$84

Mon Jan 4 - Feb 22
& Wed Jan 6 - Feb 24

BEST BODY PILATES

\$56 / \$84

Level 2/3 Tues Jan 5 - Feb 23
& Thurs Jan 7 - Feb 25

HOOLA LATES

\$56 / \$84

Thurs Jan 7 - Feb 25

YOGALATES

\$60/\$90

Monday Jan 4 - Feb 22
& Wed Jan 6 - Feb 24

SECRETS TO BETTER GOLF

\$90 / \$135

Session 1 Sat Jan 9 - Feb 6
Session 2 Feb 13 - Mar 20
*No Class Feb 27

GREAT GIFT IDEAS!

Give the gift of good health this holiday season. Check out our Personal Training packages for Pilates and Fitness for Golf and order your Gift Certificates now!

3 FITNESS SESSIONS IN YOUR HOME

\$125 (\$55 savings)

Lowest price this year!

3 GOLF FITNESS SESSIONS IN YOUR HOME

\$155 (\$55 savings)

Are you kidding? We're Not!

Our Companion Packages will delight your friend or loved one. Whether for the first timer or the experienced exerciser these kits help keep

DECEMBER 2009

It feels so good to have things running smoothly at this time of year, nancy's house at christmas so that I can step into the Christmas season with a feeling of gratitude and joy. It's been a great 4th quarter with clients, friends and family. Here's a picture of my house lit up like the Grisewald's (compliments of my husband and youngest son).



I want to thank all the people who have contributed to my growth and success this year. I get support from so many: 1) My amazing, supportive husband, whose IT skills are priceless; 2) My beloved pilates students, clients and the Peters Recreation department and Peters TV; 3) My USC BNI chapter members who have taught me how to prioritize and put others first; 4) My terrific support team including, my Web Master, Photographer, Graphic Artist, Video Editor and Accountant who made me the professional I am today.

Do you need a sure fire routine to get you into the new year without weight gain. It's here. Have you ever considered how acupuncture heals the body? Check out Yasmin Fakhri's article. Last are you doing anything during the off season to stay in the swing for spring? Read PGA, Matt Kluck's plan to achieve your goals during the winter months. I've included my highly requested Pumpkin muffin recipe as a yummy, yet healthy snack.

Lastly, take advantage of my holiday specials and treat your loved one's with a unique gift of their own private trainer to get a jumpstart on their golf game or fitness program.

Breathe,
Nancy Griffin
Pilates Expert and Golf Fitness Coach

FEATURE ARTICLES

PROGRAM TO BURN HOLIDAY FAT

One way to prevent unwanted belly over belt this season is lifting heavier weights. This program will shock the muscles and burn more calories. It is performed by doing each exercise to muscle failure. Muscle failure is when you can't do anymore repetitions with full range of motion or good form. Before performing this routine be aware that with heavier weights comes a greater risk of injury to the joints. If you have any doubts to the integrity of your joints to take on heavier weights, don't attempt these.

Do the following exercise with minimal rest between each. Use the heaviest weight you can lift for approximately 8 - 10 reps (or to muscle failure).

you going in between sessions with video workouts and essential equipment.

Golf Companion

\$49.99

Band, Ball, Secrets to Better Golf Book and Free 30-minute Video

Pilates Companion

\$32.95

Perfect Fit Pilates DVD, 2 Bonus DVDs and SLOMO used in Bonus DVDs

Gift Wrap Available

\$5

will burn more calories at rest. Basically you are tricking your body into burning more calories.

If you require a specific routine based on strengthening your weak areas: i.e. bad knees, or pre-existing injuries to your shoulders, wrists or backs, you may want to take advantage of my holiday 3 pack training special.

By Nancy Griffin, ACE Certified Personal Trainer

ACUPUNCTURE WORKS!

For thousands of years, acupuncture has been used as a safe, natural and effective treatment for many common conditions. Not only does it work great for all types of pain including arthritis, back pain, neck pain, knee pain, tennis elbow, carpal tunnel, headaches and migraines. It can also be helpful for stress, anxiety, depression, allergies, digestive complaints, reproductive issues and gynecological problems. Also used as a preventative treatment, acupuncture can help maintain a healthy immune system and work to prevent illnesses from occurring or reoccurring.

Acupuncture involves the gentle insertion of very fine, sterile needles into acupuncture points that stimulate your body's natural self-healing abilities. It works to bring your body back into balance so that true health and well-being can be achieved. Many people wonder if the needles hurt. Acupuncture needles are very thin, about as thin as a cat's whisker, and the insertion is very quick so little or no pain is felt. Most of my patients find acupuncture to be very relaxing and enjoyable- some even fall asleep during the treatment!

Yasmin Fakih is a Licensed Acupuncturist who works at Trillium Natural Medicine in Dormont. Visit her website www.YasminFakih.com for more information or call (412)926-4757 to set up an appointment.

OFF SEASON GOLF GOALS

Prepare a list of goals you want to attain during the winter months.

These goal topics should include the following:

1. Continue to see your coach on a regular basis to set a goal for improvement. The frequency is up to you, your coach and your comfort level. I have students come in once a week, twice a month, once a month and once every six weeks. Whatever program you decide keep it consistent.
2. This is the time of year to keep your body in shape and increase your strength, flexibility and overall conditioning. I do a conditioning work out that includes flexibility exercises every day and try to increase my strength and range of motion every other day. Join a golf specific exercise class like Nancy's to learn new ways to improve your overall performance.
3. Take advantage of every decent day to play golf. Every day you get out is a bonus.
4. Plan a practice schedule and adhere to it. Formulate your schedule with your coach.
5. Take care of your equipment. When was the last time you replaced your grips or were fit properly for the correct shaft(s), lie angle, etc...?
6. Swing a golf club every day, putt on the rug, set up a net in your basement or garage but do something every day that involves YOUR game.

Matt Kluck, PGA Master Professional in Mt. Lebanon.

Perform one set of the following in the order shown:

1. Bicep Curls
 2. Squats (resting a dumbbell on each shoulder)
 3. Over Head Tricep Extension
 4. Lunge R. Leg with Pulse (resting a dumbbell on each shoulder)
 5. Lunge L. Leg with Pulse (resting a dumbbell on each shoulder)
 6. Side Lateral Raise with Squat Optional
 7. Squat with Reach (Hold dumbbells at chest, reach/extend arms out in opposition as you sit in Squat. Bring arms back to chest as you stand.)
 8. Tricep Dips on Bench / if weak shoulders or elbows, do 4 count Tricep Kickbacks on Ball Prone
 9. Push Up on Knees / Straight Legs
- Rest 2 minutes and repeat 1-9.

This routine will increase your metabolism so you



Q & A

Q: I am confused about the pilates breathing. Are there any easy ways to remember when to exhale and inhale?

A: Yes, Carol. Remember these principles.

Exhale: with forward flexion of the spine. (i.e. When rolling up, or when you are rolling down slowly). Basically when you're curving into "C-spine" (creating a C with your low back) and pulling your navel in and up as you exhale.

Inhale: when lengthening/extending the spine and straightening the body. (i.e. Sitting tall at the beginning of spine stretch, rotating in saw, or, lowering the head as you lift your legs up in swan.

There are exceptions. Most important don't hold your breathe. In time, you will feel as if you are engaging your abs in all positions. You will learn how to naturally brace your abs during all exercises. That is the beauty of finding your core. Once you do, you will feel so powerful in everything you do from golf to lifting things out of your car.

You will get it. Keep working, things will start to click! :)

TIPS & RECIPES

SUPER MOIST PUMPKIN BREAD

This recipe serves: 8

Ingredients

1/2 stick unsalted butter

1/2 cup sugar

1 large egg

1/2 cup canned pumpkin

1/4 cup nonfat, plain yogurt

1/4 cup honey

1 teaspoon vanilla extract

1 cup flour

1 teaspoon baking powder

1 teaspoon cinnamon

1/4 teaspoon salt

1/4 teaspoon ground ginger

1/4 teaspoon ground allspice

Cooking Instructions

1. Preheat oven to 350°F. Spray a bread pan with nonstick cooking spray. 2. In the bowl of an electric mixer, beat together the butter and sugar on high speed until smooth. With the mixer on low speed, add the egg and combine. Add the pumpkin, yogurt, honey and vanilla and combine until smooth. 3. In a separate bowl, combine the flour, baking powder, cinnamon, salt, ginger and allspice. Fold this mixture into the pumpkin mixture and combine until smooth. 4. Pour into the prepared pan or muffin cups with liners and place in the center of the oven. Bake for 45 to 50 minutes (about 22-25 minutes for muffins) or until a toothpick