



Body Fundamentals

Spring 2004
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Editor – Melissa Amster



What's Going on This Spring?

- **The studio will be closed March 19th and 20th** while Genevieve attends a Fletcher Seminar. You can anticipate new additions to your custom workout!
- **April 11**, Easter
- **May 9**, Mother's Day



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Congratulations Richard Hofstad: Body Fundamental's Newest Instructor

We are pleased to welcome Richard to the Body Fundamentals team. In the spring of 1999, Richard joined Body Fundamentals offering Massage Therapy. Starting with a small client base and only one afternoon per week, Richard's Massage Therapy practice has continued to steadily grow. He now offers Massage Therapy appointments Two (2) days per week on Tuesdays and Fridays.

Richard's specialization is the use of Hot Stones within all of his treatments. He assesses the needs of clients on an individual basis and tailors their treatments specifically combining the best of all massage modalities into every treatment, creating a unique experience during each session.

Richard began practicing massage therapy professionally in 1998. He started at The Chicago School for

Massage Therapy and continued his education at The Desert Institute of the Healing Arts, in Tucson, Arizona. He has completed over 1600 hours of comprehensive training. Richard is a member of the American Massage Therapy Association (AMTA).

Currently, Richard is completing his Classical Pilates training with Master Teacher John P. White. Richard will soon be offering Pilates Instruction at Body Fundamentals Wednesday and Friday Mornings: 8am – 2pm. Welcome Rich!



Foam Rollers: A Great Way to Pass the Time between Pilates Lessons

Are you looking for a way to workout at home while you eagerly anticipate your next Pilates class? Try a Foam Roller!!

The Foam Rollers are perfect for positioning, balance, muscle reeducation, spinal stabilization, body awareness, coordination, and strengthening activities. The Roller is great to take with you when traveling. Use the Roller for

body massage, stretching, and realigning the spine.

Purchase a foam roller for yourself or your favorite workout buddy today at Body Fundamentals for \$28.



Pour Moi: The Ultimate Fashion Fundamental

Pour Moi specializes in designer & contemporary clothing. Featuring well known labels, such as, D&G by Dolce & Gabbana, G Ferre, Moschino Jeans, and Cheap & Chic. In addition to major labels, Pour Moi is also the place for smaller harder to find designer labels like Tehen from France and Catherine Brule of Canada.

Pour Moi's focus is on customer service and attention to detail which provides for a comfortable & fun shopping experience. Those visiting the boutique will find themselves treated to coffee, wine,

champagne & special treats. Private parties are thrown four times a year to show appreciation to their clientele & offer special discounts, music & drinks. In the spirit of giving, Pour Moi embraces the community by donating 10% of profits from these events to a chosen local non-profit organization.

Sizes range from 0-12. Special orders available in some lines up to size 18.

Hours are Monday through Saturday from 10 a.m. - 6 p.m. & Sundays by appointment.

a special gift for
Body Fundamentals, Inc. clients

15% off any one
regular priced item
with this card



some limitations may apply

AT JOESLER VILLAGE
1865 E. River Road, Suite 141
Tucson, Arizona 85718
(520) 577-6351

Congratulations Corner



Neil Capin, III

New Baby News:

Congratulations to Kristine Capin on the birth of Neil III.

Congratulations to Jeanne Hoover on the birth of Taylor.

Congratulations to Leslie Henson on the birth of Paris Olivia.

Who's Expecting:

Congratulations to Wendy Hughes on expecting.

Congratulations to Suzanne Baron-Helming on expecting baby #2.

Pilates News:

Big congratulations to the following clients on accomplishing three years of Pilates and Movement Training:

- Florence Nedder
- Paula Taylor
- Karen Waterman
- Carla Keegan
- Kristine Capin

Wedding News:

Congratulations Genevieve Nedder and Robert Nolan on your marriage.



Paris Olivia

Welcome Back to
Our Winter
Visitors:

- Enid Robinson
- Don & Joan Martin



Coming Soon: More Group Classes!

Beginning this summer, Body Fundamentals will be offering an additional Level I Mat Class. Join us Saturday mornings at 11:30am for this energizing class and get your weekend off to a great start!

The Pilates mat work emphasizes the abdominals, as well as other stabilizing muscles in the center of the body. The idea is to gain awareness and

strength while working from the inside out. The mat work focuses on control, centering, precision, flowing movement, and breathing. It will leave you feeling refreshed and energized!

Don't forget about the Saturday morning Fletcher Floor Class at 10:00am. The Ron Fletcher towel and floor work teach awareness about how to use

space for movement. The classes focus on centering, percussive breathing, balance, postural correction and the mind-body-spirit connection.



March Health Tip

Looking for a tool to help you lose weight? Uncle Sam has just the answer for you with a free interactive guide to help consumers make educated healthy-eating choices.

The Interactive Healthy Eating Index (IHEI) is an online dietary assessment tool developed by the USDA's Center for Nutrition Policy and Promotion in accordance with Food Guide Pyramid recommendations. The index now includes a Physical Activity Tool. You can download the index to access your physical activity status and score the overall quality of your diet and exercise on any given day. You can also create a customized Frequently Used Foods List or a Frequently Performed Activity List.

-article taken from IDEA Health & Fitness Association

The IHEI is available at www.cnpp.esda.gov

Mary Byczek: Personal & Professional Real Estate Services



Mary Byczek

My personal commitment is to exceed your expectations. Being a Realtor means more than just selling homes. It's about people, families and a relationship based on trust, knowledge and expertise. My clients trust me with their single largest asset and this is a responsibility I take very seriously. I give 110% because I know your success is ultimately my success.

- Consistently performing in the top 3% of Long Realty sales associates
- 9 years of residential Real Estate experience including:
 1. Resale and new construction
 2. Custom home sites
 3. Investment Property

- Bachelor of Science in Business Administration
- USAA Certified Relocation Specialist
- Native Tucsonan and University of Arizona Alumni

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**Changing
Through
Movement™.**

New BFI Fashions

Spoil yourself with one of a kind Body Fundamentals Fashions.

Be on the look out for the new Body Fundamentals Signature Stretch Top this month.

Soon after the shirts you can look forward to Body Fundamental's first Signature Capri pant. It's not just black or grey anymore. Try a fun color for your next

spring workout session.

Future retail items include stylish tote bags, water bottles, more cute tops and bottoms and lots more.

Looking to get your Pilates pal a gift? Try one of our stylish clothing pieces and remember that we offer gift certificates as well.



Our Mission

To create and maintain a
peaceful, serene, and spiritual environment.
To inspire all persons to health and healing

Body Fundamentals on the Web

Have you
visited our
website
lately?

Check it out!
We have new client photos,
testimonials, group class
information and more!

www.bodyfundamentals.com

