

# Body Fundamentals News

Summer 2005 - Volume 2, Issue 1 - Editor, Melissa Amster

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BODY FUNDAMENTALS INC.

**Thank you to ThreeTalk Studios for the beautiful renovation of our website.**

## A Shot of Summer Sun

You've no doubt heard that the only good-for-you tan is a fake one. But a new study shows that a safe-well safer-tan from the sun may be available one day. A report in the Archives of Dermatology found that an injection of a synthetic hormone called Melanotan-1 speeds up the skin's production of pigment when exposed to the sun. Those who got a daily injection and were exposed to sunlight for 15 to 35 minutes per day tanned in half the time as those who received no Melanotan-1, and their tans lasted 3 weeks longer. (The subjects were healthy volunteers with no sun allergies.) Researchers also discovered that the injected group had 47 percent fewer sunburn cells (less sun damage), which could mean the melanin stimulated by Melanotan-1 acts as a buffer, allowing fewer harmful rays to penetrate the skin.

Melanotan-1's main purpose is for people particularly susceptible to sunburn, like those with fair skin who get too much sun during work or a vacation, says lead researcher Robert Dorr, PhD, professor of pharmacology at the Arizona Cancer Center.

Large-scale studies of the treatment are under way in Australia, and EpiTan, the Australia-based pharmaceutical company behind Melanotan-1, believes it will be available by prescription within the next few years.

"This sounds promising for people with certain skin conditions who can't go in the sun," says Diane Madfes, MD, a specialist in pigmentation and skin-cancer prevention and a clinical instructor at Mount Sinai Hospital in New York (she is not affiliated with the study). "Unfortunately, it also may give a false sense of security to people who think Melanotan-1 gives them permission to stay out in the sun longer and get even more tan."

~Michele Bender (Health Magazine)

## A NOTE FROM genevieve



Genevieve Nedder  
Owner/Director

In February I had the pleasure of attending another weekend seminar with one of my mentors, Ron Fletcher. This marked my 25th seminar with Ron Fletcher and 10th year of Pilates study.

In addition, I've continued an ongoing education and study of post-rehabilitation using Pilates-based techniques. Most recently, Diana Landin visited from Conifer, Colorado to host a workshop on foam roller, step barrel, and ped-i-pull. It was a wonderful day and I look forward to

sharing new information and techniques with those of you who could not attend.

After many years of teaching Pilates and movement, my greatest reward continues to be watching the transformation and change in a student's body. From increased body awareness, coordination and strength, to balance, improved dynamic posture and grace.

Thank you for giving me the opportunity to teach you and move you forward on this journey toward vibrant health and wholeness

*Genevieve*

# TRY THIS AT HOME: Double Leg Stretch - Level 1

Inhale slowly and extend your arms in line with your ears and your legs to 90\*. Remember, draw navel to spine.



Start in a small ball with knees pulled into the chest.



Exhale, circle the arms down by your hips as you draw both knees into the chest.

Finish position  
Repeat exercise 4-7x



Demonstrated by Cecile Follansbee

## please welcome...

# STACY pierce

The newest member of our the Body Fundamentals team, Stacy, joined us this May as an Administrative Assistant. Stacy is currently a student at Pima Community College and plans to pursue a degree in Computer Science and Psychology at the University of Arizona. She is also a member of the Pima Community College volleyball team and has been playing for ten years. Stacy looks forward to meeting every one of you and helping to make your experience at Body Fundamentals enjoyable. Please don't hesitate to ask her for help.



MORE FAMILIAR FACES



Melissa Amster in Turnout on the Wunda Chair



Kathy Nieto, Kathy Lyle, Alicia Nieto (front)

On April 16, 2005 we celebrated the 2nd Annual Pilates Day. Pilates Day was established as a fund-raiser for the creation of the Pilates Certification Examination and to raise awareness of Pilates and its benefits. This year Body Fundamentals was one of the hosts for the special day. We celebrated with breakfast, free group classes, giveaways, and goodie bags. Thank you to all who attended!



# familiar

*Matthew Waterman & Randy Sanders practicing Single Leg Standing*



*Thursday night Mat Class Geneviève with Heather Martinez*

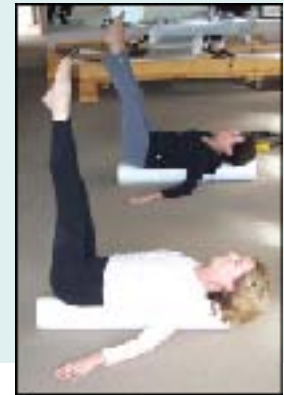
*Lynn Dusenberry practicing the 100 on the Wunda Chair*



*Leigh Esquerria performing single leg circles*



*Mary Byczek practicing The Grasshopper*



*Fun on the Foam Roller Merle Barnett & Kathy Antonelli*

# faces

## Ingredients

- 1-1/2 cups all-purpose flour
- 3/4 cup light brown sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 2 eggs, beaten slightly  
- (or 4 egg whites)
- 1/2 cup Enova™ oil
- 1/2 cup grated carrots
- 1-3/4 cup grated zucchini
- 1/2 cup golden raisins

## Procedure:

Preheat oven to 365°F

Grease and flour an 8"x3" loaf pan, set aside. In a medium bowl, combine eggs and Enova™ oil; mix well. Sift dry ingredients into a large bowl. Gently stir egg mixture into dry ingredients. Fold carrots, zucchini, and raisins into above mixture. Pour mixture into loaf pan and bake for about 55 minutes, or until a cake tester comes out clean.

Remove from oven and place on a wire rack; allow to cool for 5 minutes. Remove loaf from pan and return to wire rack until completely cooled. Yield: 8 servings.

## Carrot & Zucchini Bread



For nutritional information & more tasty recipes, visit [www.EnovaOil.com](http://www.EnovaOil.com)

## HANKY PANKY'S ARE HERE!

You've seen them in the Wall Street Journal, at Neiman Marcus, and in every women's magazine known to man. Now you can find them at Body Fundamentals too. To read more about these life altering undergarments, checkout the website at [www.hankypanky.com](http://www.hankypanky.com)

"Di's wokshop was a terrific workout. I learned so much about exercising for posture with the spine corrector. Di had such a good way of working firmly and gently with each of us individually."

-Kirk Emerson

Florence Nedder and Mary Magill enjoy their day at Body Fundamentals during the Diana Landin Workshop



