

# Body Fundamentals News

Winter 2006 - Volume 3, Issue 1 - Editor, Melissa Amster

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BODY FUNDAMENTALS INC.

**Upcoming Clinic  
with Guest Instructor  
Diana Landin**  
Space is limited!  
More details inside!

## REMINDER

Group Classes -

Effective February 15th, 2006

Due to an increased demand for groups and limited space, we have expanded the cancellation policy to include all groups. **Please note:**

**There is no charge for groups cancelled with 24 hours notice.** A less than 24 hour notice will result in a charge for the single class. We apologize for any inconvenience this may cause you. We look forward to seeing you soon.

### Mark Your Calendar

The studio will be closed July 2 - July 10 and will re-open Tuesday July 11, 2006

### Lost & Found

A necklace was left at the studio in January sometime. If you are missing it, please call Body Fundamentals!

## "Breathing Is A Good Thing"

By Genevieve Nedder

While traveling to Ohio to visit my husband's family for the holidays, I experienced an asthma attack. It happened during the last leg of the plane ride. A small plane, chilling cold air, a bumpy ride with much turbulence and a sudden change in cabin pressure contributed to what happened next.

Like many of you, I have TMJ dysfunction and struggle with joint pain, neck pain, and chronic head aches. Mostly my TMJ is "manageable" with splints, dietary restrictions and a great team of doctors. However, when very tense or in a stressful situation my TM joints slide off their "tracks" and my jaw locks open or shut. The plane ride became more turbulent, I felt sharp pain in both jaw joints and my jaw locked open. Simultaneously, my breathing quickened, chest tightened, and I began gasping for air.

Two years ago during a full desert bloom the doctor diagnosed me with "Seasonal Allergy Induced Asthma." He prescribed an Advair Diskus Inhaler. I've used it a handful of times with 100% success. While packing for Ohio last week, I packed the Advair thinking, "In case of an emergency."

Back on the plane, it was "emergency" time. I took the Advair and still could not manage a deep breath. At the time I was unaware that Advair is for long acting asthma maintenance, not for an acute attack. I was scared and anxious. The more I focused on not being able to breathe, the more panicked I became.

Shortly after landing, I started coughing. I coughed and coughed and continued to cough hard throughout the night. The following afternoon on the way to dinner, in the car I had another asthma "attack." Shortness of breath, tightening of my chest,

gasping for air. The inability to take a deep breath is frightening. I began to panic and we headed to the ER. After a twenty-five minute drive and what seemed like forever, we arrived.

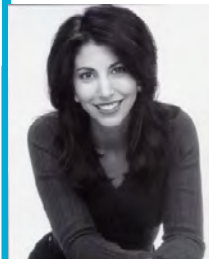
Upon arrival at the Charles Kettering ER they brought me "back" immediately, and put me through a series of tests including oxygen levels, pulse rate and chest X-rays. A respiratory therapist administered breathing treatments which opened my airways. Thank God! A nurse came in and gave me high doses of steroids - 65mg to begin with. The ER doctor prescribed Albuterol fast-acting inhaler, an intense regimen of steroids, Singulair, antibiotics and more. Wow! My X-rays were clear, but the "attack" was "severe."

While at the ER for four hours, lying in a hospital bed, I began to think how fragile our bodies are. The many factors that affect our breathing capacity and lungs. The balancing act of health, wellness, and how quickly a body can shift from ease to disease.

However, philosophical revelations took a back seat to breathing and sleeping. The steroids kept me up all night, over-amped, skin crawling and feeling whacked-out. Meanwhile, every three and a half to four hours another asthma "attack" came on. I self administered Albuterol through a long plastic tube given to me by the ER therapist, but still no sleep. By day three I'm exhausted, queasy, jittery and emotional. By day four the asthma episodes taper off to every six to eight hours, but still no sleep.

All of this focus on breathing has me thinking about focused breathing and various techniques.

*Continued on page 3*



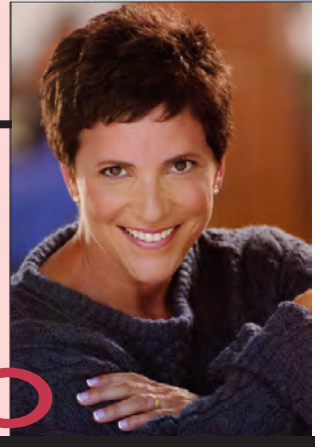
Genevieve Nedder  
Owner/Director

## A NOTE FROM genevieve

# - ARTIST CORNER -

Lee has been an actor, director, acting teacher, and informal life coach for the past 16 years working in New York, Boston, Philadelphia and her new hometown of Denver. Her work with actors has led to a real interest in what it takes to remain present in the face of life's many pressures. Through breath and awareness and listening to the body, Lee's work with actors and non-actors alike has helped many to "wake-up" physically, vocally, and psychologically. Her workshops are always provocative, fun and energizing.

## A. Lee Massaro



Currently, Lee is working with Kaiser Permanente's Educational Theatre Programs on a pilot called "Teens Take It On: Healthy Eating, Active Living." The program is helping a group of Aurora, CO high school students learn about how their daily dietary and activity choices affect their health. Once armed with this information, they make personal health commitments and then serve as mentors to middle school students by passing this info along in the form of a fun play complete with rap messages and a dance battle. The messages of the program are:

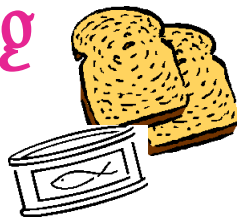
1. Eat 5 servings of fruits and vegetables a day
2. Limit screen time to 2 hours or less
3. Get 60 minutes of physical activity per day
4. Eat when you are hungry; stop when you are full

Lee has helped with educational aspect as well as leading theatre games and helping to direct the student play.

"Working with these teenagers has really got me thinking about the moment-to-moment choices I make all day long, both as regards my own health and the health of my children. Replacing a candy bar with a delicious Clementine, taking the stairs instead of the elevator; pausing in the middle of a restaurant meal to see if you really are full. If we think of our day as a series of choices and begin to train ourselves to make more good ones than bad, we can quickly get on the path to better health."

## Pre and Post-exercise Snack Ideas for Combining Carbs and Protein

- Energy bar and 8-ounce sports drink
- 2 slices whole-grain toast and 2 tablespoons peanut butter
- Orange and ½ cup low-fat cottage cheese
- 1 cup of cooked oatmeal with ¼ cup raisins
- 2-egg omelet with 1 cup fresh veggies, and 1 whole wheat English muffin
- String cheese and 1 ounce pretzels
- ¼ cup soy nuts and 1 banana
- ¼ cups nuts and a medium apple
- Hard-boiled egg and ½ whole wheat bagel
- Whole wheat pita and ½ cup canned tuna
- ¼ cup sunflower seeds and 1 cup orange juice
- 3 ounces boiled or grilled chicken and 1 cup cooked rice



## Fresh Fruit Tartlets

Serves 6, 1 tart per serving

### Ingredients:

- 1/2 cup nonfat or low-fat sour cream
- 2 tablespoons confectioners' sugar
- 1 teaspoon chopped fresh mint or 1/4 teaspoon dried mint, crushed
- 4-ounce package single-serve graham cracker crusts (6 small crusts)
- 1 cup assorted cut-up fresh fruit
- 1/3 cup nonfat or low-fat lemon yogurt

Calories: 139 kcal, Protein: 3 g  
 Carbohydrates: 19 g  
 Total Fat: 6 g, Saturated Fat: 3 g  
 Polyunsaturated Fat: 1 g  
 Monounsaturated Fat: 3 g  
 Cholesterol: 4 mg, Sodium: 82 mg

### Directions:

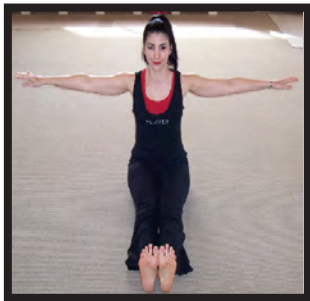
In a small bowl, stir together sour cream, confectioners' sugar, and mint. Spoon into graham cracker crusts. Arrange fruit over sour cream mixture.

Serve immediately or cover and refrigerate until serving time.

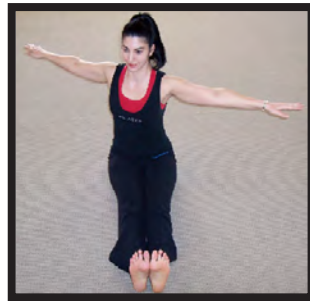
Just before serving, stir yogurt and drizzle over fruit.

Recipe from [www.deliciousdecisions.com](http://www.deliciousdecisions.com).  
 An American Heart Association online recipe book.

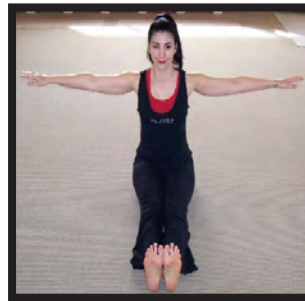
# Spine Stretch



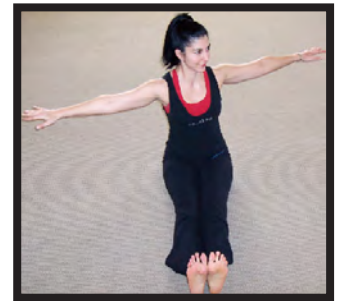
**Preparation:** Sit on the floor as tall as you can. Squeeze ankles knees & inner thighs together. Flex your feet/ankles strongly. Arms out in a "T" position with shoulders down.



**Rotate** to one side and pulse twice, return to the front: inhale twice in the rotation, exhale return to the front.



Return to Front



Rotation with Pulse

Try This  
At Home

## Congratulations CORNER



Congratulations to all our clients who have received awards, since our summer newsletter, in recognition of their diligent study of Pilates & Movement training!

**Client Since**  
 Florence Nedder 1/03/2001  
 Paula Taylor 1/05/2001  
 Sharon Shearman 6/02/2001  
 Mary Byczek 6/30/2001  
 Helene Barab 7/14/2001  
 Claire Genser 8/04/2001  
 Mary Magill 8/17/2001  
 Suzanne Baron Helming 9/29/2001  
 Enid Robinson 12/11/2001  
 Mary Jane Henley 8/22/2002  
 Stephanie Hudson 5/31/2003  
 Cecile Follansbee 6/14/2003  
 Yola Yarwood 8/23/2003

**Client Since**  
 Amy Pakter 10/07/2003  
 Kathy Antonelli 11/22/2003  
 Barbara Schaefer 1/10/2004  
 Amy Cacciatore 6/22/2004  
 Lynne Dusenberry 8/26/2004  
 Martha Baron 12/15/2004  
 Jerry Jackson 1/06/2005  
 Lucy Peerenboom 1/22/2005  
 Joy Tucker 1/25/2005  
 Kathy Lyle 1/29/2005  
 Alicia Nieto 1/29/2005  
 Kathy Nieto 2/02/2005

Congratulations Kristine Capin & family on expecting baby #2

## Additional Massage Therapy Appointment Times Available!!!

Richard has expanded his Massage Therapy hours to include Tuesday through Thursday afternoons and evenings. Friday and Saturday times are also available by request with either Richard or Robert. Remember each treatment is specifically tailored to meet your individual needs. Whether it's relief from muscle pain or need for relaxation, Massage Therapy can help. To schedule your appointment or for additional information, call the studio at 520-299-6541.

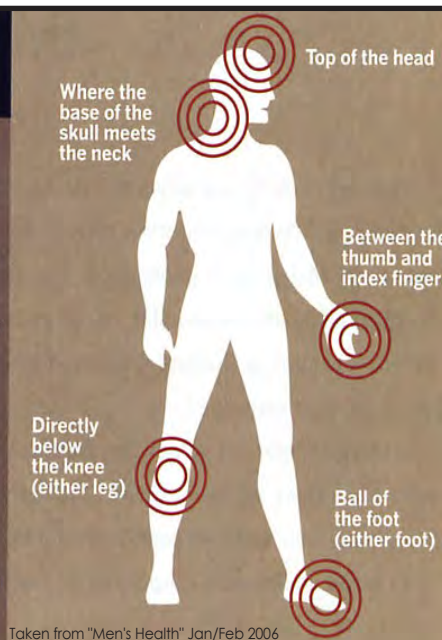
Until your next massage, when you need a quick "pick me up" in the middle of your day, consider taking a few moments to access acupressure points within your body to help rejuvenate yourself.

Stay well,  
Richard



### Pressing Matters

If there were an operating manual for the human machine, it would illustrate dozens of buttons marked "on" and "off." They're called acupressure points, and according to a new study in the *Journal of Alternative and Complementary Medicine*, pushing the right ones can turn off fatigue. When researchers asked 39 tired students to use acupressure, those who pressed the spots shown at right experienced a 50 percent increase in alertness. To try it yourself, use your index fingers to push these buttons.



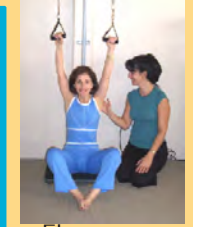
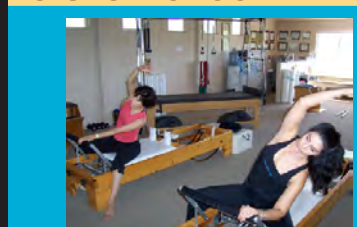
Taken from "Men's Health" Jan/Feb 2006



Fletcher Floor Class



Merle Barnett Fletcher Roll-down



Florence Nedder - Lat Stabilization

## Familiar Faces

## RESERVE YOUR SPOT!

Exclusive Clinic, April 30, 2006

foam roller wunda chair ped-a-pull



Taught by Diana Landin,  
Guest Instructor from Colorado

### SCHEDULE

Registration: 9:30 - 10:00  
Foam Roller: 10:00 - 2:00  
Lunch Break: 12:00 - 12:45  
Wunda Chair: 1:00 - 3:30  
Ped-a-pul: 3:30 - 4:00  
\*lunch provided

### FEES

Full Seminar : \$275.00  
Morning Only : \$175.00  
Afternoon Only : \$200.00  
**Space limited to 12 participants**



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## "Breathing Is A Good Thing" cont...

At the ER an interesting conversation transpired between the respiratory therapist and me. After my first breathing treatment, the therapist retested my oxygen levels and listened to my lungs. Oxygen levels had returned to above normal; reading at 100%. Great news! As I exhaled and continued to exhale, Mark, my therapist, looked at me curiously.

"Where did you learn to do that?" he asked. I gave a brief explanation of Pilates, breathing techniques and specifically, percussive breathing. Mark replied, "That's quite something. You really empty your lungs." I smiled and heard **Joseph Pilates'** famous quote in my head:

**"You've got to In the air to Out the air!"**

I proceeded to explain the connection of breathing and movement and pilates concepts. He responded, "It's amazing how completely you're able to fill up your lungs and empty your lungs. You'll recover quickly."

Ron Fletched teaches this very concept in his Percussive Breathing Technique. He continues to teach the importance of breath work, increased oxygen flow into the body, the cleansing of red blood cells, and the importance of pushing toxins out of the lungs through

conscious complete exhalation. There are many, many breathing practices and techniques. They all are beneficial to our well-being. The important thing is to connect the breath to the body and as often as possible bring your focus of attention to your breath. Allow your breathing to facilitate ease throughout your body, and practice staying present.

Another benefit of disciplined, conscious breathing is improved posture. Breathing properly is a great aide in learning to sit straight, stand erect and walk with a balanced gait.

Movement is not static. As you practice proper posture and stack the bones one on top of the other from the feet up, you will stand taller and develop grace and elegance through movement.

Discipline and train yourself to lie down, sit, stand and walk erectly and properly. Notice the change in your energy level and overall self confidence.

As we begin 2006, I wish all of you vibrant health and well being.

**Remember to keep breathing!**

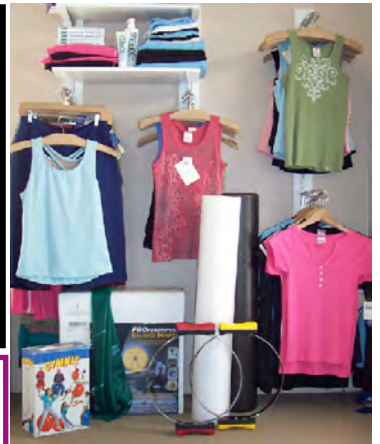
*Genevieve Adda*

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Body Fundamentals carries a variety of products to assist you with your fitness goals. A Foam Roller, Magic Circle, Balance Board or Swiss Ball is a great way to get started.

- Biofreeze now available -

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