



## CORE Spinal Fitness Monthly Classes/Activities:

*\*Pilates class dates are subject to change at any time*

### July

#### Pilates RV CORE

Saturdays: 14 and 21, 10-11 a.m.

Thursdays: 19 and 26, 6-7 p.m.

(All tentative dates)

### August

#### Pilates RV CORE

Saturdays: 11 and 18, 10-11 a.m.

Thursdays: 9, 16 and 23, 6-7 p.m.

(All tentative dates)

### September

#### Pilates RV CORE

Saturdays: 8, 15 and 22, 10-11 a.m.

Thursdays: 6, 13 and 20, 6-7 p.m.

(All tentative dates)

## Staff Picks

### What are some of our favorite exercises and why?

**Starting Position:** Stand 6 -12" away from a wall with your feet hip-width apart and toes facing forward. Place your hands on the wall, shoulder height.

**Step 2:** Upward Phase: Exhale. Slowly rise up on to your toes, lifting your heels off the floor. Keep your knees straight. Do not allow the feet to rotate. Use your hands on the wall to support your balance. Hold the raised position briefly.

**Step 3:** Downward Phase: Inhale and slowly lower your heels back to the floor.



Muscles worked: *Gastrocnemius, Soleus*



## CORE Zone Quote of the Quarter:

"Everywhere is walking distance if you have the time"

- Steven Wright

## Topic of the Quarter:

### Benefits of Walking

Physical activity is one of the cornerstones for good health, and walking is one of the easiest (and cheapest) ways to be physically active. All you need is a good pair of shoes, and you can do it almost anywhere and at any time. Below is a list of benefits you receive from walking.

1. It lowers your risk of heart disease, stroke, breast cancer, colon cancer, and diabetes
2. It lowers high blood pressure (hypertension) and cholesterol
3. It builds and protects bone density in older adults
4. It reduces anxiety and depression, boosting your mood
5. Helps you sleep better

### Types of Walking:

**Regular/casual walking** — gives you general health benefits as listed above as long as one does it on a consistent basis for 30 minutes a day at a “talking” pace.

**Fitness walking** — walking a 12–15 minute mile. It burns more calories than regular walking but does not include the exaggerated arm motions and over striding such as power walking which can lead to injuries. **Nordic walking** is an

example of this type of walking and here are some of its benefits:

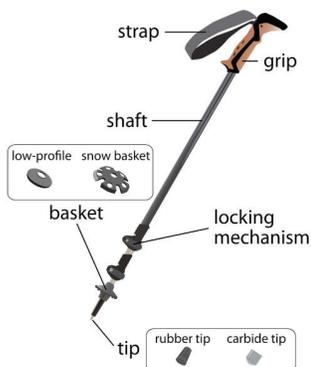
- Works all major muscle groups
- Enhances your cardiovascular work out by increasing your oxygen consumption by up to 25%
- Increases your heart rate by 10–15%. This means that you can burn more calories.
- You can burn approximately 280 calories during normal walking and up to 480 calories per hour using Nordic walking poles.
- These poles can also strengthen your upper body and enhance posture.
- They also reduce impact load on ankles, knees hips and low back.

**Race-walking** — this technique can be used at any speed but is generally practiced due to it burning more calories than casual walking or even fitness walking. There are specific techniques to race-walking. To learn those techniques check out [racewalk.com](http://racewalk.com).

## Product of the Quarter

### Nordic Walking poles

They enhance your stability and support on all types of terrain. When shopping for Nordic walking poles, your key considerations should be weight, price, shock absorption, shaft construction and the type of grip.



It should be noted that using Nordic walking poles will not decrease your overall energy expenditure since you'll be using your arms more than you would when walking without poles. They do, however, help distribute your energy usage in a way that can help your walking endurance.

You can purchase these at your local Sporting Goods Store.