

## Ahhh, Summer!

Summer's here! The birds are singing, the flowers are blossoming, and the sun is shining...well, in between the showers of our recent Maine monsoon season, the sun is shining... We hope you have plenty of challenging outdoor activities planned to take advantage of all the incredible strength and stamina you've been building up in our Les Mills classes and in the weight and cardio room! **But, please** be sure to include some gym time in your weekly plans. It's not just that we like to see you here, which we absolutely DO; it goes back to the old saying that 'if you don't *use* it, you'll *lose* it.'

Every fall, we have a stampede of members back into the gym, eager to recapture the progress they made before the summer season lured them away for fun and frolic under the (hopefully) sunny skies. And, every fall, we hear the same thing from those members: *"I wish I had kept up with my classes. I feel like I am starting over again from Square One."* Our schedule includes a healthy variety of class times to suit your needs, and if you have a key pass, the weight and cardio equipment is available to you 24/7.

If you take BODYPUMP, and you wish to continue your progress or maintain the progress you've made so far, you will still need to take two classes per week. It's especially important not to miss too many BODYPUMP classes! The weight-bearing nature of the program is not something you can duplicate with traditional summer activities.

BODYFLOW participants can continue to experience results from just one class per week. Benefits, of course, are greater with more than one class, but at least you won't lose what you've accomplished in core strength and flexibility if you can come in at least once a week.

If you are involved in cardio activities of any sort, you need to do at least three per week

to continue your myriad health and fat-burning benefits. If your summer activities include walking, biking, swimming, etc., make sure to do them consistently, and don't forget to come in for BODYSTEP and BODYCOMBAT. STEP and COMBAT have been challenging you on a higher level than many popular summer activities do. Most likely, you will want to continue to challenge yourself on the level to which you have become accustomed!

If you need help designing your summer program, we will be happy to assist you!

## Happy Feet

Never underestimate the importance of good sneakers! If your workout shoes are more than six months old, you might want to replace them, especially if you participate in our higher impact programs such as BODYSTEP and/or BODYCOMBAT.



Workout shoes do a lot more than provide shoe manufacturers with a place to hang their logos. Good shoes protect your feet, ankles, knees and even your hips by offering much-needed foot and ankle support and by absorbing the shock of the impact every time your feet hit the floor.

Just like the shock absorbers on your vehicle, eventually the support in your shoes will give out. The more you exercise, the faster this will happen. Because this breakdown is gradual, you may not notice the difference for a while, but your *feet* sure will.

Exercising in old sneakers, or sneakers that are wrong for your chosen activity, can cause serious, future foot problems. It can affect the health of your knees and hips, too, since your body will recruit them to help absorb that extra shock.

So, what *are* appropriate shoes?