

Free Support Group Tackles Weighty Issues

A free weight loss support group that meets here every Thursday evening at 7 p.m. has been helping people get a handle on their weight loss plans. The group began meeting during the holidays to help navigate the culinary landmines that seem to be lurking everywhere from Thanksgiving to New Year's Eve.

"Thanks to the support group, this is the first holiday season I've ever made it through without gaining any weight," said group member Leslie Bull. "In fact, I actually lost half a pound. I know that doesn't sound like much but for me, it's a huge achievement. I usually gain at least five pounds over the holidays, and then lose it in January. This January, instead of undoing damage, I can continue success!"

"Knowing I would be meeting with caring, fellow dieters once a week helps keep me on track. We're all in this together, and we cheer each other on," said Bull.

The weight loss support group is free to everyone, including non-members. The group is run by the members themselves, and advocates only healthy eating plans.

Group members are encouraged to discuss their weight loss plans and goals with their doctors. Fitness Stylz management is happy to provide a place for the group to meet, but does not necessarily endorse the views or opinions expressed by group members.

Ask the Instructor: Tom Roy & Leslie Bull

I have a question about BODYFLOW. When doing an Up Dog (the stretch where you lie on your stomach but then lift your upper body with your arms so that you arch your back and your thighs are touching the ground), should my toes be pointing back away from my body (as if I were diving into the water) or should they be gripping the floor (as if I were doing a push-up). Something that is a picky detail but I haven't been able to figure out which way is the correct way yet. Your guidance would be appreciated. Thanks! — Doggone Confused



Tom Roy

Dear Confused,

I can shed some light on that for you. Toes point back. I love the cue that you used in your question "as if I were diving into the water"... Stolen!!! I'm going to use that.

Additional Note: Using the Baby Cobra option versus the Upward Dog — With the Baby Cobra, your palms are down on the floor, elbows soft, fingers facing forward, all for stability. Raise your chest off the floor but do not push up resulting in a hyper extension of the back. Your chin is tucked slightly and spine is long shoulders down away from the ears. Your facing is looking at the floor.

With the Upward Dog, the setup is the same, then push your body up off the floor while stretching your chest forward and up. Again, avoid hyper extending your back by allowing your thighs to come off the floor slightly. Toes still point back, this is not a push-up. Shoulders down from the ears spine long except now you will bring your chin up slightly instead of tucking it. Your face is looking forward. Hope this helps! — Tom

Great answer, Tom! I don't know how much more I could say to improve upon it!

But that never stops me...

For Baby Cobra, toe nails definitely kiss the mat (same with Up-Dog), and roll the shoulders down and back, with elbows pointing at the feet. As Tom mentioned, chest will be lifted, and keep that neck in neutral while looking straight at the floor.

In Up-Dog, face the biceps forward as much as possible, and (this is super-important) squeeze the derriere HARD! Squeezing the tush releases the pressure on the lower back.

As you glide forward and up from "Crocodile", inhale through the nose, and let your breath help carry you up to full height. Again, shoulders are down and back, arms are very straight and strong.

If it's comfortable, keep your neck soft and look up towards the ceiling.

Take whichever option you enjoy most, but it's fun to interchange them and compare the differences!

— Leslie



Leslie Bull

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