

GYM SHORTS

BODYATTACK demo class
Saturday, August 25 at Noon
Free and open to all members!

Les Mills instructor Eddie DeVaughn of Baltimore, Maryland will be visiting Fitness Stylz this month! Eddie teaches several Les Mills programs, including BODY-PUMP and BODYATTACK. He will be team-teaching BODYPUMP at the 5:30 pm class on Thursday, August 23rd, at the 8:30 am class on Saturday, August 25th and he will be demonstrating BODYATTACK in a special class scheduled for Saturday, August 25th at noon.



Eddie is yet another example of someone who has experienced amazing results with Les Mills programs. He has lost 73 pounds, his body-fat composition has gone from 52% to 11%, and his cholesterol has gone from 298 to 128! Leslie, Andrea, Joyce and Jasmine met him in March of 2006 at a Les Mills event in Baltimore, and invited him to come visit Fitness Stylz.

Learn to dance!

Dance registration for tap and jazz lessons for kids in grades K through 12, as well as adult tap lessons, will be held on Friday, August 31st from 5pm to 7pm, and Saturday, September 1st from 11am to 1pm. For more information, contact Erica McDonald at 897-4719 or 897-5978.

Bon Voyage, Jeff Lavin!

Jeff Lavin enjoyed a special send-off from some of his instructors and fellow members the night before hopping on a plane bound for the snowy mountains of Argentina. Jeff is resuming his professional snowboarder training after being sidelined for major knee surgery and rehabilitation. Jeff credits BODYFLOW for his faster than average recovery time.

"I'd love to pack everyone up and take them with me," Jeff said, in-between bites of his snowboarder-themed cake.



Strike a pose! —Sarah Fournier, Jeff Lavin and Leslie Bull at Jeff's *Bon Voyage* party.



DEHYDRATION

Causes, symptoms, and prevention

By Heather Roux

You're in the middle of your Body Step class, your favorite track, and all of a sudden you feel slightly lightheaded. You slow for a moment, the feeling passes and you continue. Soon the feeling returns and you leave the room to take a breather, wondering what it is that is making you feel so odd. Did you eat something bad? Maybe you were in the sun too much. Or maybe, you haven't been drinking the amount of water needed to replenish the body of the fluids it loses in a day. Now why would that be so important?

The human body is made up of two-thirds water. Your body needs to maintain this level of fluid in order to function properly, and when it doesn't receive the same amount of water it discards, the body will start to act differently. You can't always trust only your thirst to tell you when your body needs a drink — exercise depresses the feeling of thirst. Lightheadedness, dry mouth, and dark, smelly urine can be some of the symptoms, but what about how dehydration affects your workout?

Dehydration damages both mental and physical performances, ruining your workout. Even lower levels of dehydration have consequences. A loss of 2% bodyweight causes an increase in perceived effort and is said to reduce performance by 10-20%. A fluid loss any more than 3-5% bodyweight lowers aerobic exercise performance noticeably and impairs reaction time, judgement, concentration and decision making - important elements in all sports, from soccer to tennis to cheerleading. During your workout your body produces heat. Your body tries to make up for this overheating of the body by releasing sweat to cool the outside of your body. While you are losing all of this moisture in your exercise, your body is in need of fluid replenishment. So what things are beneficial to the body before, during, and after exercise? The American College Of Sports Medicine suggests the following:

1. Eat a high carbohydrate, low fat diet & drink plenty of fluids between exercise sessions. (Plain water or fluids without sugar, caffeine or alcohol are the best).
2. Drink 17 oz (2+ Cups) of fluid 2 hours before exercise.
3. Drink every 15 minutes during exercise.
4. Keep drinks cooler than air temperature & close at hand (a water bottle is ideal).
5. If you exercise for more than 60 minutes, you may benefit from a sports drink containing carbohydrate (not greater than 8% concentration, though).
6. Take 30-60 grams of carbohydrate per hour to delay fatigue & fuel muscle contractions.

Weighing yourself before and after your workout can also be beneficial to determining the correct amount of fluid for you. If you have lost weight, it is most likely due to water loss (not losing 2 pounds of body fat, sorry). If you have gained weight, it is possible you have been drinking too much water. Remember, you don't want to flood the body, only replace what was lost during your workout. If you happen to be the type of person (such as myself) who just isn't the biggest fan of water, don't lose hope. There are flavored waters such as vitamin water and 'O' water, as well as Crystal Light powder packets. If you're a juice lover, those are great too, but make sure it's as natural as can be, with as few additives and preservatives as possible. If your workout is highly intense and is longer than one hour, sports drinks such as Gatorade or PowerAde can be great. They're even better when you drink a bottle of plain water as well.

So, stay hydrated and stay healthy. Your body will thank you and you will certainly see (and feel) the difference!