

Weight Loss Group from Page 2

safe, friendly place for people to gather helpful information, share what has worked for them, and encourage each other during their mutual struggle for a healthier lifestyle.

The group will focus on the basic 'calories in vs. calories out' principle of losing weight, and will not endorse any unconventional or so-called 'miracle diets.' There are many different ways of applying that basic principle, and no single approach works everyone. For example, among members who have been successful at losing weight, some prefer a precise, methodical approach, while others have reduced the size of their food portions. Some like to track weight-loss by using a scale or tape measure, while others just pay attention to how loose or tight their clothes are.

The meetings will be run by those attending, and will take the form of a discussion group. People will be encouraged to share strategies, ask questions, and choose a healthy diet plan that will best suit their individual needs and preferences. Volunteer leaders will address a number of related subjects, including nutrition, simplifying calorie counting, losing weight without buying expensive foods, benefits of exercise, and how to survive the holiday season without succumbing to tantalizing high-calorie foods.

Since the meetings will be a group effort and not moderated by professionals, participants are encouraged to talk to their physicians about any changes they plan to make regarding diet and exercise. There will be no required purchases, no fees and no sales pitches. →

Ask the Instructor This month: Jim Flagg

Q: What is the best way to throw a punch in BODY-COMBAT without over-stressing my shoulder?

—Almost in Traction in Temple

A: Here is my advice for throwing a punch without over exerting your shoulders. First, don't confuse overexertion with being a little sore the day after a workout. However, when throwing a punch during BODYCOMBAT, whether it's a jab or a cross, there are some things that need to be understood:

1) **Never fully extend your arm on a punch.** In COMBAT, we are not connecting our punches with anything except that imaginary enemy in front of us. Full extension of the arms can result in putting too much stress on the elbows and/or shoulders.

2) **Try to keep your shoulders relaxed.** Speaking from experience, many people have a tendency to hunch their shoulders up when in a fighting



BODYCOMBAT Instructor Jim Flagg

stance. Let your shoulders drop down and stay loose. If you allow your shoulders to drop and stay relaxed, then you won't tighten up the muscles in your neck, shoulders and back. This in turn will allow you to put more into your workout without the added stress on muscles. Try practicing in front of a mirror. Stand facing the mirror in a normal standing position and then bring your hands up to protect your face **WITHOUT** tightening or lifting your shoulders. You

See "Ask the Instructor," on Page 3

Those interested need only to come with their desire for a better, healthier life.

For more information, call 897-5978 or 491-3232. Questions can be emailed to questions@fitnessstylz.com.

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