

## 10 Minutes to a Healthier Back

80% of adults in the US report experiencing back pain. Help prevent back pain with these exercises that will strengthen your back. It will take about 2 minutes to complete each of the following exercises



### #1 Cat-Cow Variation

Reduces stiffness in back and hips; relieves tension in the spine

1. Cat Pose: on hands and knees, inhale and lift head while making the back concave
2. Cow Pose: on exhale, tuck tail bone, contracts your abs, and round back, head down.
3. Child's Pose: Draw hips back to heels, drop chest, rounding the spine and rest forehead on floor arms stretched in front of you.

Do 6 reps of the entire cycle. Rest in child's pose for several seconds.



### #2 Bridge Pose

Stretches abs, hip flexors and quads. Strengthens lower back, glutes and hamstrings

1. lie face up with feet on the floor about 6 inches from butt, arms by sides palms down.
2. Inhale, press into feet and lift lower body until knees form a diagonal with head.
3. On the exhale, contract the abs and slowly lower back to the floor.

Do 6 reps.

### #3 Extended Leg Pose

Stretches hamstrings; strengthens abs

1. lie face up with knees bent, feet flat on floor
2. Exhale and hug left knee to chest.
3. Inhale, extend left leg straightening the knee.
4. Exhale, band your knee and hug to your chest
5. Do 3 reps
6. On 4th rep, keep leg extended and circle the ankle 4 times in each direction.
7. Hug the knee to your chest,
8. switch legs and repeat on the other side.



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## 10 Minutes to a Healthier Back continued



### #4 Butterfly Pose

Tones Abs, pelvic Floor and inner thighs

1. Lie faceup on the floor with soles of the feet together, knees open to the sides.
2. Exhale and slowly squeeze thighs together.
3. Inhale and lower knees out to the sides
4. Do 6 more reps, taking twice as long to bring knees together than to lower to the floor.



### #5 Cobra Leg Lift

Strengthens back and pelvis muscles



1. Lie face down on the floor with elbows by sides, hands under shoulders
2. Rest forehead on floor, chin tucked slightly
3. Inhale and lift chest off floor using back muscles. At the same time, lift right leg as high as you can while keeping the pelvis level.
4. Hold for a count of 10 then exhale and lower
5. Switch sides and repeat.
6. Do 6 reps alternating sides, trying to lift the leg a little higher each time.

## Miracles in Every Day

### *Joy Always*

It is the everyday aspects of our lives that bring us the most joy, even if at first it may seem natural to expect our feelings of happiness to come from the larger events in our lives. By noticing how small things can fill our days with delight, we are more likely to experience the wonder of living. Once we take the time to look around and witness the beauty, kindness, and laughter that envelop us, what may seem like the

ordinariness of the everyday becomes filled with the extraordinary detail of each individual moment. If we bring this sense of awareness to our lives for even a few minutes each day, we will begin to see how just blessed we truly are.

Beholding the joy that surrounds us may initially seem easy, but for some it can take a conscious effort to make it a part of a daily routine. When you awake in the morning

and set the intention to notice more joy in the world, watch how your day and, eventually, your life is filled with more joy. The more we do this the more apt we will be to notice the sounds of children laughing or the sparkle of dewdrops on a flower petal. Allow this joy to fill your heart fully, and from there it will naturally expand to your entire body and then spread to others, giving them joy as well.

Taking in the small joys of each day expands our feeling of being connected with the world, especially once we become more attuned to them. With each passing day, we will find that these small delights, which bring a deeper level of appreciation for everything the universe has given to our lives, are miracles.

## Ski Fitness: Hill Work is Fun



For a lot of folks in the Valley fall means getting ready for winter; cutting down gardens, stocking up on firewood, putting the snow tires on the car. But most importantly it's time to get your body ready for the ski season.

Adding Hill Work to your ski fitness routines can bring much needed variety, get you outside on these amazing fall days. Hill work increases lactic acid tolerance in your muscles and makes you mentally strong for the season ahead. Up-Hill work creates explosive power in the glutes and hamstrings, not to mention improving both your aerobic and anaerobic fitness. The purposeful downhill develops eccentric strength in the quads as well as agility and quickness.

The trick to mastering hill training is taking the process slowly, allowing your body the necessary time to adapt to and recover from your workouts.

Once you get to be more proficient on hills, you'll become aware of something revolutionary: **hill training is fun.** While hard

work, hill training makes you realize that your body is powerful and resilient, capable of *literally* overcoming an obstacle set before it.

Hill work also injects some excitement into your training, since flat surfaces, treadmills and gyms can grow monotonous.

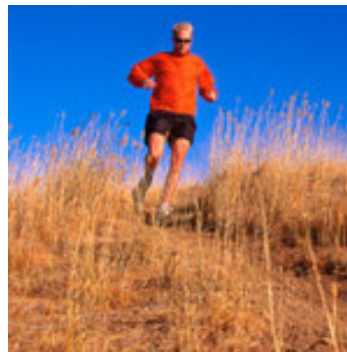
The following tips will help ensure that hill training stays both fun and focused.

**Vary the distances.** Run short hills (~30 seconds to run, with an incline of 5-15% gradient), medium hills (~30-90 seconds to run), and long hills (more than 90 seconds). On a short hill, your energy source will be anaerobic (without oxygen); as such, always allow your body proper recovery (a walk or slow jog down the hill, for example). Running a medium hill is both aerobic and anaerobic, and allows you the chance to develop your *lactic acid tolerance*. (Critical in improving endurance). Running a long hill is mainly aerobic. Here, the idea is to exert moderate to hard effort - don't be too concerned about your speed, you're working on your mental toughness. Keep going through the burn.

**Be bouncy.** Good form makes hill work safer and

more satisfying. When running up a hill, the goal is to be as "bouncy" as possible. You want to use a slightly higher knee-lift than you would when running a flat surface. You should push upwards with your toes and flex your ankles, then land on the front part of your foot. Focus on your legs - your arms, neck, and shoulders should be free of tension. Arms should be held at a 90 degree angle.

**Eyes ahead.** The impulse to look at your feet when scaling a hill (especially a long one) can be overpowering - why do you want to know how much more hill lies ahead of you? Keeping your eyes straight ahead, however, helps you maintain proper form and avoid straining your neck.



**Have Fun on the Descent.** Shorten your stride, keeping your feet beneath your hips and maintain a slight flex in your knees. Think about how your lower body moves when skiing, center of gravity low, feet light and upper body quiet. Let your feet

roll soft and quietly, landing gently on the mid-foot. Avoid hitting the ground with your heel first and slapping the ball of your foot down, this can cause injury. Your mantra should be light, quick and quiet. Running down single track trails is seriously fun as you negotiate the terrain, jumping rocks, roots and dodging trees.

**Inspire yourself.** As most skiers know, getting your brain in the game is often half the battle. If you tell yourself "I can't do this" or "this run will be awful," chances are you're going to have a bad run. When it comes to hill running, positive self-talk can be a big motivator. Instead of dwelling on what could possibly go "wrong" when you climb the hill, remind yourself that you have the strength and determination to dominate your run. Hill, schmill. Just remember your hard work in the fall will pay off when the snow starts falling.





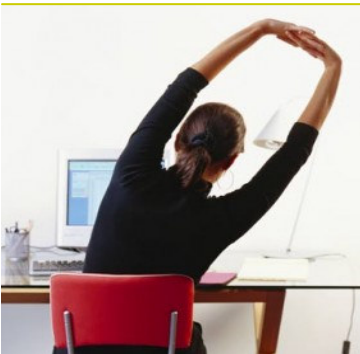
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«Ship to 1»

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«Ship to 3»



## Stretch Away Your Desk Slump

(forward-leaning, 90 degrees, and 135 degrees), and the results were compared against the most comfortable vertebral position -- lying down.

According to lead investigator Waseem Bashir, a clinical fellow in the department of radiology and diagnostic imaging at University of Alberta Hospital in Canada, the forward-leaning and upright postures "reverse the natural curvature of the spine and put a lot of pressure on it." As a result, the internal spinal disks squeeze together and lose water, which could lead to long-term back

problems. However, sitting at a reclined position caused disks to move the least, confirming that it's the best sitting posture for a healthy back.

If you can't ergonomically tweak your office chair, experts suggest stretching frequently. Try the exercises shown below from the Feldenkrais Institute of New York.

### For Middle Back

Raise one arm, holding it across the top of your head with the other hand

Slowly draw circles on the ceiling with your hand,

initiating the movement from your waist

### For Low Back & Neck

Slowly lower your head and eyes as you draw in your abdomen and roll your pelvis backward

Roll the pelvis forward as you lift your head and eyes upward

Repeat several times

### For Sides & Shoulders

Hug your shoulders and slowly turn your chest from side to side

Exhale as you begin the twist, inhale as you return

By editors of *FITNESS* magazine  
Since you were in kindergarten, parents and teachers have admonished you to sit up straight. Now groundbreaking research suggests their advice may have been off base. A recent study of 22 healthy male and female subjects measures strain on the spine using an upright MRI machine. Subjects were scanned in three sitting positions



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