



Newsletter June 2023

Amenia Yoga – a Place for Wellness

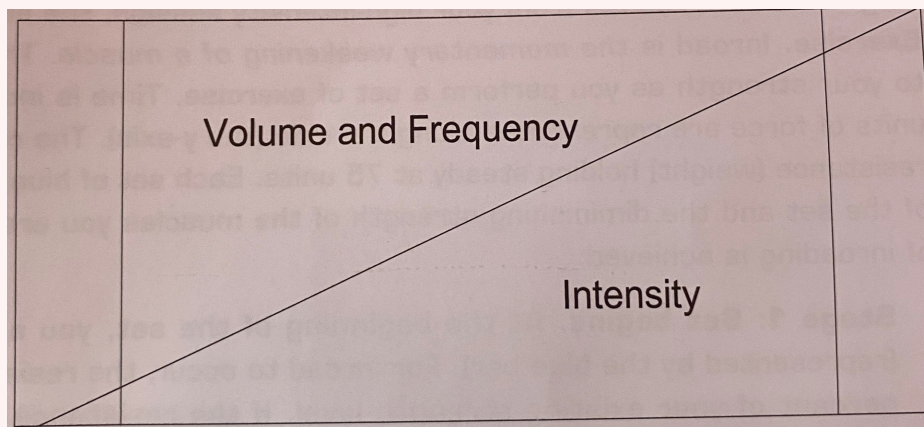
The cozy little studio with a big heart

WE NEED ALL THE MUSCLES WE CAN GET!

We know that strength training is excellent for building muscles, and we must build lean muscle mass and strength to maximize our health and well-being. However, muscle mass means something other than body-building and gaining bulk. It means more strength and energy for daily activities, better health, and reduced risk of chronic conditions! Low muscle mass, instead, can set us on the course for obesity, bone density issues, cardiovascular problems, insulin resistance, and falls and fractures – to name a few – all related to Sarcopenia.

If you're interested in building muscle, there's only one way to do it. You must reach a maximum threshold (load) to make a difference; if not, there are NO results. This is not to say you can't walk, jog, cycle, hike and swim, practice Tai Chi, play tennis, badminton, or even pickleball. All those are enjoyable and are helping to keep us moving! However, they don't give your muscles a chance to grow. For over a year, I've been fascinated with muscles, which are the foundation of our metabolic health. A few of my past newsletters talked about the importance of muscles, and this one does too!

When two (or more) roads diverge into a wood, you must decide on one and forgo the others. There are many ways to improve strength, but High-Intensity strength training (HIT) is the most time-efficient and effective exercise program around, and it builds more than muscle! Strong muscles enhance everything regarding our metabolic health. At Amenia Yoga – we have *Wise & Strong* a High-Intensity Training class with resistance bands that meets once a week! We load muscles to a maximum threshold. Combining High-Intensity training with yoga gives people strength, flexibility, suppleness, balance, and posture. It's different from the conventional way to work out in a gym with several reps and sets a few days a week. Women are busy, and that's why we chose this once-a-week road. It's once a week for an hour or less!



This simple table taken from the book *Body by Science* shows that the greater the intensity, the less time you need for maximum results.



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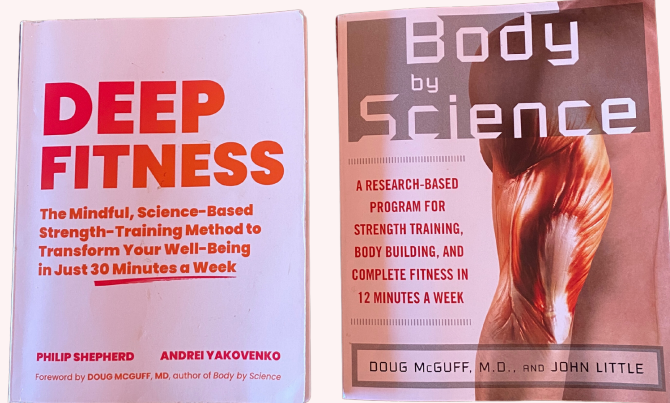
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The science of exercise and the dose/response relationship have come a long way in the last 20 years: and they led to the current understanding of the most efficient way to improve metabolic health. Two books in particular, ***Deep Fitness*** by Philip Shepherd and Andrei Yakovenko, and ***Body by Science*** by Doug McGuff, M.D. and John Little, dispel the current exercise and fitness myths and replace them with peer-reviewed science. They aren't based on the present whims.

The best results for fitness happen when you follow the **Inroad Theory of Exercise**. What is it? Inroad is the momentary weakening of the muscle, which happens when you perform a set of repetitions. When you begin, your muscles are at their peak, but with each passing repetition, strength diminishes, and eventually, muscles fail to do another rep (that means success). At that point, muscle strength and resistance are the same, and getting to the top of a repetition and controlling the descent are both challenging. This is where inroading begins. It is the fatiguing of a muscle to the point where there is enough stimulus to create an adaptive response (muscle growth). After you fatigue muscles to the point of failure (success) the body needs time to rest, recover and remodel. Doing another workout without sufficient rest will interfere with recovery and remodeling. Providing enough stimulus is worth 50%, and giving yourself recovery time is the other 50%. That's why one time per week is enough.

Our Friday morning class, *Wise & Strong*, proves that once a week is sufficient to gain strength. A core plank or forearm plank is an overall body exercise that strengthens you from crown to toe. At the beginning of W&S in January, most women could hold the plank for 15 seconds or less. **But, just this last Friday, every single woman who attended since the first class in January held it for 2 minutes and 15 seconds. Their ages range from 60 to 70+, so this is a huge deal!**

High-Intensity Training increases strength, revives metabolism, and builds muscle for a total fitness experience. It's also has a low-risk of injury because it's high intensity, slow speed and low force. We still have a couple of spots left in the Friday morning class! If you're local, you're welcome to come!



The Gong Bath in April with Rose Petruzzi was such a success, we're planning another!
Full Moon Gong Vibes on June 3, from 4 to 6pm! There are still a few spots left! Contact Amenias Yoga!

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