



## April Client Spotlight Max Montana

One of the hardest challenges I've faced, when trying to reach my fitness goals, is taking that first step. When leaving high school, I was extremely overweight and unhealthy. Something needed to be done. There are so many different ways to lose weight and get healthy, but trying to figure out what to do on your own isn't easy, especially when you have little to no experience with any type of fitness.

"THE FIRST STEP  
TOWARDS GETTING  
SOMEWHERE IS TO  
DECIDE THAT YOU ARE  
NOT GOING TO STAY  
WHERE YOU ARE."

UNKNOWN

It was then when I sought out the help of the guys from BeFIT. They helped answer some questions I've had and really assisted me in achieving things I didn't think were possible. It started off slow, but with the constant support and just immense drive to push myself to the limits, I ended up losing about 100 pounds!

Because of this weight loss, I can now pursue a career in law enforcement which I've wanted to do since I was a kid. Even when outside the studio training on my own, the workouts I've been taught can be done at home and it's gotten me into the best shape I've been in my whole life. It feels like every week I always learn something new to help me reach that next level of fitness.

Thank you to everyone at BeFIT for not just helping me get started, but for helping me achieve far more than I could have ever imagined!

## What is Yin Yoga?

(Excerpts from Yin Yoga 101: What You Need to Know by Hope Zvara & Wikipedia)

Yin Yoga is based on the Taoist concept of yin and yang, opposite and complementary principles in nature. Yin could be described as stable, immobile, feminine, passive, cold, and downward moving. Yang is understood to be changing, mobile, masculine, active, hot, and upward moving. The sun is considered Yang, the moon Yin. In the body, the relatively stiff connective tissues (tendons, ligaments, fascia) are yin, while the more mobile and pliable muscles and blood are yang. More passive body positions in yoga are considered yin, whereas the more active, dynamic body positions are yang, because they stimulate the muscles and generate heat. *While in a Yin class you might notice similar postures to a yang class except they are called something else, on a basic level this is to help the students mind shift from yang to yin, active to passive.*

Yin Yoga targets the deep connective tissues of the body (vs. the superficial tissues) and the fascia that covers the body to help regulate the flow of energy in the body.

Yin Yoga is unique in that you are asked to relax in the posture, soften the muscle and move closer to the bone, offering a much deeper access to the body. It is not uncommon to see postures held for three to five minutes, even 20 minutes at a time.

Some of the benefits of Yin yoga are:

- Calming and balancing to the mind and body
- Regulates energy in the body
- Increases mobility in the body, especially the joints and hips
- Lowering of stress levels
- Greater stamina
- Better lubrication and protection of joints
- More flexibility in joints & connective tissue
- Release of fascia throughout the body
- Help with TMJ and migraines
- Deeper Relaxation
- A great coping for anxiety and stress
- Better ability to sit for meditation

**Be sure to check out the BeFIT website for an updated Class Schedule...**



## Exercise of the Month

Swan & Sleeping Swan (Progression)

**Description:** From a lounging position, the hips are parallel and squared to the earth with the front knee bent in a 90-degree angle and flat on the earth. The front foot rests close to the groin. The back leg is extended with the knee and the back foot squared, parallel and pressed firmly into the earth. The ribcage is lifted. The heart is open. Fingers rest on the earth by the side body. The gaze is forward.

**Benefits:** Stretches the thighs, groin, psoas, abdomen, chest, shoulders, and neck. Stimulates the abdominal organs. Opens the shoulders and chest.

Demonstrated by Dani Kiernan

## Brain Teaser

Mental Imagery and Spatial Rotation



How do you cut a cake into eight equal pieces with only three cuts?

## Upcoming Events

Contact us for information

- 4/5 Family Fun Day
- 4/6 EA Sports Riverside Dash 5k & 15k
- 4/12 FRS 5k/10k
- 4/17 IOA Corporate 5k
- 4/26 Be a Trailblazer 5k