



BeFIT
HEALTH STUDIO



June Instructor Spotlight Suzy VanRees

I started my fitness journey about 4 years ago when a fellow teacher asked me if I wanted to sign up for a local 5K. At that time, I could not have run one mile without walking, and knew that if I said yes, that I would have to actually "train" for the race. My goal was only to run the whole race; I didn't care how long it took. I was very emotional when I completed that goal, and quickly decided to sign up for another 5K, just wanting to beat my time by a few seconds. Fast forward to this January, when I completed my first full marathon!

In between that first race and today, I have reached many other goals I had set for myself. I learned that running for me was great, but I needed more! I became a licensed Zumba instructor, added HIIT workouts and weight training to my routine, and completed many races, including those muddy and exciting obstacle runs! I am currently working towards becoming a personal trainer to help others along on their fitness journey.

I'm thankful to have found a gym like BeFIT where the trainers become part of your life. You're not a client; you're a friend. I love to teach Zumba in an environment where everyone is welcomed by name, and greeted with a hug! Everyone at BeFIT is genuinely happy to see you, and wants to be a part of your journey, not just your results.

This journey has been full of twists and turns, and I will continue to work to set new goals! Sometimes I fall down, but I always get back up! My body is not 'perfect', but I'm strong and fit! I am thankful that it's become a lifestyle for me!

Zumba: Fun Is Secret Ingredient of Latin Dance Workout... "In Zumba exercise classes, it's all about feeling the music." (Excerpts from WebMD Article)

Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s.

Since it is an aerobic dance class set to South American beats, it is hot in health clubs and exercise studios from Miami to Los Angeles and everywhere in between.

Barring any doctor's limitations, says Alberto Perلمان, Zumba co-founder and CEO, Zumba is safe for a wide range of ages and fitness levels because the steps can be modified so that it's very low-impact. And all you need are a good pair of dance shoes or cross-trainers.

Part of Zumba's appeal is its simplicity, says Perلمان. Teachers are encouraged to forego complex cueing, and just let the students feel the music, he says.

"Other classes do complicated choreography. ... You need to pay attention," he says. "Zumba uses four or five steps in one given song and you keep repeating."

Sometimes, says Perez, people even forget they're in a fitness class.

Zumba lovers credit the dance craze with freer inhibitions, sharper minds -- and tighter abs.

As with any cardiovascular workout, says exercise physiologist Nicole Gunning, the benefits of Zumba can include calorie burn, increased aerobic threshold, more stamina, increased bone density, improved balance and muscle tone, less body fat, and lower blood pressure.

Perez says Zumba fanatics come for more than the calorie burn, however.

"Zumba is more of a philosophy," says Perez. "Sometimes people go for therapy, sometimes they go for social connections, sometimes they love to dance and there's no time. Zumba is the perfect excuse."

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



Exercise of the Month

Prone Hip Flexor Stretch (w/ Strap or Towel)

Benefits: Tight hip flexors negatively affect the results you get from your workouts! Everybody loves to drop it like a squat, but to get a great squat you need to have great hip flexor mobility. Especially, if you want to hit those glutes for best results.

In other words, flexible hip flexors are going to help you get a better booty! Not only that, having flexible, strong hip flexors will help you get better results from many abdominal exercises.

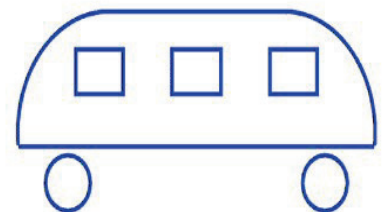
Tightness in this area also often goes hand-in-hand with anterior pelvic tilt, i.e. where your butt sticks out (more than it should) and, if there's too much tilt it isn't great for your posture and as a result can contribute to back pain. Not to mention a negative effect on your athletic performance and just about every activity you do.

Getting flexible in this area can help to correct anterior pelvic tilt, especially when combined with glute and core work, giving you much better posture.

Demonstrated by Nancy Faracchio

Brain Teaser

In which direction is the bus traveling?
Left or Right?



Hint: Ask a pre-school kid, they are more likely to know the answer 😊