

ARE YOU S.A.D.?



Seasonal affective disorder (also called SAD) is a type of depression that occurs at the same time every year. If you're like most people with seasonal affective disorder, your symptoms start in the Fall and may continue into the winter months, sapping your energy and making you feel moody.

We are here to remind you that **exercise is the very best natural remedy for SAD**. Many research studies on depression suggest that combining regular exercise with a healthy, nutritious diet is key.

Physiological benefits associated with exercise occur very quickly and can include reduced symptoms of depression, increased immunity and a reduction in carbohydrate cravings – a very common symptom in SAD.



Don't forget to turn your clock back one hour on the first Sunday in November (11/6) at 2



a.m.

The phrase "Spring forward, Fall back" helps people remember how Daylight Saving Time affects their clocks. We "Fall back" at 2 a.m. on the first Sunday in November by setting our clock back one hour and thus returning to Standard Time.

At 2 a.m. on the second Sunday in March, we set our clocks forward one hour ahead of Standard Time, so we "spring forward" to Daylight Savings Time. ~

Enjoy the extra hour however you decide to spend it!



Welcome Fall! Cooler days and great nights!

**Streamline Fitness ~ Kennedy Center,
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www.streamlinefitness.com



Streamline Fitness

NEWSLETTER ~ FALL, 2011

Shape up for fall with our new special



SIX MONTHS \$200

Regular & New members only (No Student specials/ No Senior specials/ No combining with other specials)

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Fall is a great time to get back to the gym. Prepare yourself for the upcoming eating frenzy of Oktoberfest, Thanksgiving, Christmas and New Year. Try out one of our NEW CLASSES:



Starting October 5th >> NEW EARLY BIRD CLASS!

On WEDNESDAYS @ 5:30 am -- While Boot Camp is on hiatus, try THIS new Wednesday morning challenge! **ALSO**



FLOW

Starting September 8th >> NEW YOGA FLOW CLASS!

**On THURSDAYS: @ 7 pm with AMY
The same Yoga poses you love but a little funkier!**

What is Yoga? Yoga is a system of physical and mental exercises designed to balance and unite the mind, body, and spirit. The classical techniques of Yoga date back more than 5,000 years. The word 'yoga' means to "to join or yoke together".

... read more

. . . One of the philosophies of yoga is that by balancing your body, you'll learn to focus your mind, which will improve your health and spiritual well-being.

Some Benefits of Yoga

- Increases *flexibility and stamina*
- Strengthens *muscles*
- Promotes *relaxation*
- Improves *balance and concentration*
- Improves circulation



The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart chakra and translates to:



The Divine in me recognizes the Divine in you.

*** * *Note:** We try to keep you up to date on any and all changes taking place at the gym. Check the front desk as you walk by for signs and notifications, and check our website. **Sooo, if you weren't aware:**



HIP HOP with ALLISON HAS MOVED AND IS NOW ON WEDNESDAYS: 8:00 pm

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Don't miss out!! **GET** yourself in the



LOOP Please write down your name and email address and leave it at the front desk to **get** on our mailing list for the latest **STREAMLINE** specials and happenings!

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Saltaholic? Some important information: In January 2011, the USDA announced the new 2010 Dietary Guidelines recommending that **healthy adults should limit their sodium intake to 2,300 mg per day while individuals with high blood pressure should consume no more than 1,500 mg per day.**

Consistently consuming more than the recommendation may lead to high blood pressure increasing your risk for heart disease, stroke, kidney disease, and congestive heart failure. Even when eating healthy, it is important to pay attention to the sodium content in the foods because some seemingly healthy foods are higher in sodium than you may think.




Always check food labels to be sure of sodium content.

JUST SO YOU KNOW... we notice AND APPRECIATE your consideration in continuing to wipe down the machines when you are finished & also that you are putting the weights back on the racks. **Thank you !!**

Early Bird Spinners - Melinda is offering an optional **extra 15 minutes** for those of you **animals who want more** - for this option arrive at 4:45 a.m. Normal 5 a.m. will still take place.

Congrats to our two new **Zumba** instructors, **Erin, Bethany & Linda** and their **growing classes** ! Their personalities, rhythm and boundless energy are

CONTAGIOUS ! - Check it out 



And you ~~ you are always an inspiration!!

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