

# evolve

The Body Dynamics Quarterly Newsletter

## Gravity Training Comes to Body Dynamics Build Flexibility, Endurance, Core Strength, and Have Fun!

Body Dynamics is thrilled to announce the arrival of the Gravity Training System (GTS)™—just in time for fall classes!

This innovative equipment is gravity-based and integrates beautifully with Pilates and the other core training programs at BDI. The unique features of GTS will allow the BDI trainers to provide group workouts with individual results.



In only 30 minutes, Gravity Training will

*Body Dynamics is one of the first facilities in Northern Virginia to introduce Gravity Training.*

provide a low-intensity cardiovascular workout that burns fat, builds strength,

improves flexibility, progresses Pilates, and keeps your heart pumping!

Like the Pilates Reformer, the GTS has a glideboard. The incline of the glideboard can be readily adjusted throughout class to modify the workload to meet your individual fitness needs.

Gravity Training at Body Dynamics will be offered throughout the day. Classes will be

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## We're Expanding!

BDI is excited to announce an expansion to the first floor of the Federal Lock and Safe building. Windows at last!

The buildout, which is scheduled for completion in September 2005, will bring more than 1,000 square feet of much-needed additional space to the clinic, including a studio space to accommodate group classes, one dedicated massage room, and one dedicated acupuncture room. The buildout will also create extra office space, a conference room, and a library for staff use in our existing space as we continue to revitalize the lower level throughout the fall.

While there may be some extra noise as a result of the construction, we will make every effort to ensure your comfort and to maintain a healing environment through this transition. See you in the new and improved clinic in the fall! ■

### QUESTION & ANSWER:

**Q:** What is Body Mass Index (BMI) and how do I calculate it?

**A:** Body Mass Index (BMI) measures your height to weight ratio and gauges total body fat in adults. It's one way to determine when extra pounds can turn into health risks such as heart disease, cancer, or diabetes. To calculate your BMI, divide your weight in pounds by your height in inches multiplied by, again, your height in inches and multiply the total by 703. In other words,  $BMI = \text{weight in pounds} / (\text{height in inches} \times \text{height in inches}) \times 703$ . Generally speaking, a healthy BMI is between 19 and 25. However, if you have a high muscle-to-fat ratio, you may have a high BMI without being overweight. Want to find out more? Sign up for a full cardiovascular health assessment with a Body Dynamics trainer.

# From the Body Dynamics Director



Welcome, welcome back, welcome home! While BDI always strives to meet our clients' needs, this fall represents a significant step forward in our evolution. Just reading the newsletter should make it clear that we are EXPANDING—our space, our services, and our expert personnel.

We are very excited to introduce the Gravity Training System™ and provide our clients with an intelligent, challenging, and efficient 30-minute workout that fits into your busy lives.

There are certainly alternatives out there that provide convenient 30-minute circuit training in-the-round, but many are unsupervised, may increase your exposure to injury, and will not improve functional movement patterns. BDI is able to provide a real alternative. Check out the details in this newsletter, and call if you have questions.

In our continuing efforts to help ALL our clients move stronger, better, and faster, we are also introducing a new mat class—the Mindful Mat series. This class has been developed by our staff in conjunction with the Institute of Physical Art. The course content provides a lovely approach to movement that brings rotational, diagonal, and spiral movement patterns into the more traditional core control vocabulary. As the name suggests, this is a mindful, intelligent approach to movement that is deeply challenging. We encourage newcomers and old faithfuls to attend this new series.

We have a full calendar of events this fall, as well as a new “Talking About Wellness” lecture series on the last Saturday of each month (see inside for details). Looking forward to seeing you all in the fall, and encouraging you to invite your friends to join the BDI evolution. All My Best.

Jennifer M. Gamboa, MPT, OCS, MTC

## Body Dynamics, Inc.

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## Body Dynamics, Inc. (BDI)

is a comprehensive center for orthopaedic and manual physical therapy and a leader in training elite athletes and performing artists. BDI's highly evolved programs address musculoskeletal needs through a multidisciplinary approach that integrates rehabilitation with Pilates-evolved fitness programs and massage therapy.

### Director

Jennifer Gamboa, MPT, OCS, MTC

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## Gravity Training System

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30 minutes for up to six clients at a time. Get all the benefits of working closely with a trained BDI instructor along with the flexibility of a shorter workout at convenient times to fit into your busy schedule.

Visit BDI this month to check out the Gravity Training System. See a 10-minute demonstration before or after classes the week of August 15, or try a free trial class during the weeks of August 22 and 29. Call or stop by the front desk to sign up. ■

## Client ViewPoint

*I came to BDI for an evaluation as a 40th birthday present. After private sessions and group classes...I feel 10 years younger—exactly what I was looking for! Thanks.*

—Julie Burke

## Introducing:



## The Gravity Pass!

Less clock. More rock! Thirty-minute workouts three times per week!

The Gravity Pass guarantees you three 30-minute Gravity Training classes per week in a class of no more than six students.

Experience the benefits of private training at a group class rate. Choose from over 20 class times: Early morning, mid-day, late evening, and Saturday classes.

# Talking About Wellness

## Body Dynamics Launches Weekend Lecture Series

This fall, Body Dynamics presents a new lecture series to our clients and the community at large. Topics will address fitness, nutrition, stress reduction, disease management, and more. Lectures are free and will be offered the last Saturday of each month (except holidays) from 9 to 10:30 am. Mark your calendar now, and tell your friends!

### September 24: Women's Health

Carrie James, a BDI physical therapist with a focus on women's issues, will discuss urinary incontinence—stress, urge, and mixed—and its treatment. Particularly common in women, urinary incontinence often occurs because of problems with the muscles that control the flow of urine.

### October 29: Massage for Health

BDI massage therapist Kristin Silvestro will present an overview of massage therapy and will lead the group in a series of self-massage techniques to reduce tightness and increase circulation in the shoulders, back, and hips.

### November 19: Chinese Medicine

Licensed acupuncturist Ausra Kaminskas will present a workshop on health and stress from the perspective of Chinese medicine, which views a person as an energy system in which body and mind are unified, each influencing the other.

See the front desk for further information or to register. ■

## Personal Trainer Brings Experience in Athletics, Dance

Body Dynamics welcomes a new trainer, Christina Vink, who is back at BDI after working as an intern last summer.

Christina graduated in May 2005 from the University of Northern Colorado, where she majored in sports and exercise science (athletic training) as well as theatre arts (dance). She was the head

student athletic trainer for women's soccer, swimming and diving, and track and field, and in 2004, she was awarded a National Athletic Training Association National Scholarship.

Christina will teach Pilates and Gravity classes and is available for one-on-one and semi-private sessions as well. ■

## Beyond Pilates: Two New Classes To Challenge You

Ready to expand your movement vocabulary and core control beyond Pilates? BDI is pleased to announce two new classes that will do just that!

### Mindful Mat

Ready to progress your Pilates? Come to our Mindful Mat series. Using diagonal and spiral movement patterns, this class will promote full, unconstrained movement throughout your body and challenge deep postural core control. Based on the principles of Moshe Feldenkrais, Proprioceptive Neuromuscular Facilitation (PNF), Pilates, and functional movement patterns, Mindful Mat will increase your body awareness, improve your core control, and enhance your daily life, exercise, and sports activities.

### Go With the Flow

Attention intermediate-advanced Pilates students: Ready to challenge your endurance and speed during your Pilates workout? Then Mat Flow is for you! Intermediate to advanced mat exercises are choreographed into continuous movement sequences. Non-stop Pilates—enjoy the flow! ■

## Gravity.™ Feel the Effect™

### Eight Reasons You Will Love the Gravity Training System (GTS)

1. **QUICK RESULTS.** An efficient workout in only 30 minutes a day.
2. **BURNS FAT.** Increase the incline, increase the resistance. Burn fat and increase lean tissue mass.
3. **PROGRESSES PILATES.** Can be used for both traditional Pilates mat and Reformer work and also for evolved progressions unique to GTS.
4. **FUNCTIONAL.** Simulates regular activities so you can improve activities of daily living and performance in sports or at work.
5. **VERSATILE.** Easily moves between strength training, core control, and cardiovascular routines.
6. **SAFE.** The glideboard fully supports your body, minimizing compression on the joints and back.
7. **NATURAL RESISTANCE.** Your body weight plus the angle of the incline provides resistance. No excessive compression attributed to free weights or machines.
8. **FULL RANGE OF MOTION.** The dynamic pulley system allows you to perform exercises through all planes of movement with unrestricted range of motion.

## Body Dynamics Services and Fees

### PILATES

Initial evaluation	\$100
55-minute private session	\$70

### ACUPUNCTURE

90-minute initial evaluation	\$140
60-minute follow-up sessions	\$90

### MASSAGE

30-minute massage	\$50
60-minute massage	\$90

### BDI PACKAGE DEALS

10-pack of 60-min massages	\$810
10-pack of private Pilates sessions	\$630
20-pack of private Pilates sessions	\$1190

### FITNESS AND SPORTS ASSESSMENTS

90-min golf assessment and video	\$140
90-min running assessment and video	\$140
60-min cardiovascular fitness assessment	\$70
60-min dancer's health profile	\$100

### GROUP PILATES CLASSES (FALL 05)

Early bird registration (8/15 deadline)	\$210
Regular registration	\$225
Drop-in (per class)	\$16
Flash pass (unlimited classes excluding Gravity at \$37.50/ week for 15 weeks)	\$562.50
Gravity pass (three 30-min workouts/week for 14 weeks)	\$525

### PHYSICAL THERAPY

Fees available upon request

# Body Dynamics Fall 2005 Calendar of Events

- ▶ 8/15/05 Early Bird Registration Deadline. Register early for fall classes and save \$2 per class off our drop-in rate.
- ▶ 9/6/05 Fall 2005 Classes Begin. Prepare to sample some of the new offerings at Body Dynamics this fall, including Mindful Mat and Mat Flow.
- ▶ 9/12/05 Gravity Training Begins.
- ▶ 9/24/05 Women's Health. BDI's Talking About Wellness lecture series presents a talk on urinary incontinence.
- ▶ 10/29/05 Massage for Health. BDI's Talking About Wellness lecture series presents an overview of massage and introduction to self-care techniques.
- ▶ 11/19/05 Chinese Medicine. BDI's Talking About Wellness lecture series presents a workshop on health, stress, and Eastern medicine.
- ▶ 12/19/05 Fall 2005 Classes End. Take some time for yourself before launching into the holiday season and another exciting session at Body Dynamics!



## Massage Referral Rewards

Refer three new massage clients to Body Dynamics and receive 50 percent off your next massage!

## Massage Therapy Available Evenings and Weekends

Having a hard time scheduling your massage therapy appointments? BDI massage therapist Kristin Silvestro has expanded her hours to offer massage evenings and weekends as follows:

Thursday 1:30 pm - 7:30 pm

Friday 9 am - 4 pm

Saturday 9 am - 12:30 pm

These slots will fill quickly, so call the front desk today to schedule an appointment: 703-527-9557. ■

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