

evolve

The Body Dynamics Quarterly Newsletter

Healthy Body, Healthy Life Recommit to a Healthy Lifestyle This Spring

BDI has one primary goal that directs all of our efforts in PT, Pilates, massage, and acupuncture: To provide resources and services that promote healthy living for our clients and community.

GUIDELINES FOR LIVING HEALTHY

Healthy living has been a hot topic since the release of the Department of Health and Human Services'

Dietary Guidelines for Americans 2005 in January. These new guidelines place a stronger emphasis on physical activity than any of the five previous editions. Other topics addressed in the guidelines are: Nutrients, weight management, healthy food groups, fats, carbohydrates, sodium and potassium, alcoholic beverages, and food safety.

THE HEALTH BENEFITS OF AN ACTIVE LIFE

It is well known that regular physical activity substantially reduces the risk of coronary heart disease, stroke, colon cancer, diabetes, osteoporosis, and high blood pressure. Exercise also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications.

Despite this knowledge, more than 50 percent of American adults do not get enough physical activity to provide health benefits. For many Americans, busy professional, academic, and family

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lives, as well as poor use of leisure time, keep people from enough physical activity. For others, physical activity is avoided because of the misconception

that it should be strenuous and uncomfortable to be beneficial.

FITTING IN FITNESS

Fitting fitness into the day is a challenge. Depending on your health and

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Making Connections: BDI in the Community

Body Dynamics is partnering with area businesses to offer our clients and community the best in wellness services and performing arts medicine. Among our current and ongoing collaborations are the following:

1. Providing onsite and backstage physical therapy services for the Washington Ballet.
2. Collaborating with Fairfax Ice Arena and its coaching staff to rehabilitate and provide Pilates and core integration training to several nationally ranked and Olympic-level ice skaters.
3. Continuing to collaborate with Arlington Center for Dance to incorporate core integration training into their dance curriculum.

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Introducing the Performing Arts Institute

Body Dynamics is proud to announce a unique summer enrichment program for young, pre-professional dancers and skaters, ages 10 to 14.

After many years of working exclusively within specific training centers in the region, BDI is now offering its own unique blend of applied anatomy, conditioning, and performance integration to qualified dancer/skater athletes across the region. This special summer program will consist of experiential anatomy class, dance/skate integration, and Pilates conditioning/core

integration training. It will run for 3 weeks in July (7/11 to 7/29/05) from 8:30 a.m. to noon, Monday through Friday.

The Performing Arts Institute is specifically designed to supplement and enrich a regular study of technique with the athlete's own instructor or coach. The knowledge, skills, and abilities gained will enhance any dancer's or skater's ability to move quickly and intelligently along their training continuum. Please call us for information about this wonderful and exclusive opportunity. ■

From the Body Dynamics Director



Ahh!! 'Tis the season for outdoor living!

I hope everyone is enjoying their increased intake of vitamin D as the daylight hours get longer and we have more opportunity to play in

the sunshine. This is a perfect time to renew your commitment to healthy choices for healthy living and to get ready for swimsuit season!

BDI is equally committed to helping all of you meet your fitness and disease prevention goals. From group classes to private training to fitness assessments and home exercise programs, we can provide you with a multitude of tools, tailor-

made for your health, fitness, and lifestyle needs. Check out our list of services on page 4, and let us know how we can help you!

In keeping with this season of renewal and growth, BDI has added new staff (please welcome Kristin, Valerie, Laura, Ashley, and Steph) and is planning to rehab and expand our current space. (Stay tuned for details.) Other new developments include the Performing Arts Institute, our Women's Health Program, and our advanced Pilates Golf Clinic.

Thanks for your continued support. Enjoy your summer and remember: Bring a friend to a group class and get a class for free!

All my best for a fun-filled spring and summer.

— Jennifer Gamboa, MPT, OCS

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

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Recommit to a Healthy Lifestyle This Spring at Body Dynamics

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fitness goals, you should be doing 30 to 90 minutes of moderate-intensity exercise most days of the week. Keys to success include making an exercise appointment with yourself, engaging in a variety of activities, and joining a friend or a group for that moral support. Remember: Exercise can be fun, so get out and run, jump, and play!

BDI can help you design and augment your exercise program. Take a look at our summer class schedule and find a 60- or 90-minute class that you can attend before work, after work, or during

your lunch hour. Or consider signing up with a friend or family member for a Pilates duet session.

To get the cardiovascular conditioning necessary for healthy living, sign up at the front desk for free use of the treadmill and stationary bike (30-minute limit) before or after your appointment or class.

If exercise is uncomfortable for you or if you are new to Body Dynamics, our physical therapists are here to evaluate or re-evaluate your body mass index, alignment, flexibility, and strength so that your program is tailored to your body's specific needs. ■

Making Connections: Body Dynamics in the Community

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4. Continuing to coordinate physical therapy, massage, and core integration training at the Universal Ballet Academy in Northeast DC.

5. Supporting the Arlington Free Clinic by providing supplemental physical therapy staff.

6. Collaborating with Pacers in Clarendon, which provides running shoes and accessories, to provide a full spectrum of runners' support services, including a thorough running assessment complete with video analysis, guidance on

shoe attributes, and orthotics fabrication if necessary. Body Dynamics clients receive a 10-percent discount at Pacers, and Pacers' clients receive a 10-percent discount on Body Dynamics' running assessment. Pacers is located at 3100 Clarendon Boulevard (www.runpacers.com).

7. Collaborating with DC Fit to provide education seminars throughout the summer 2005 to support their marathon training program.

8. Providing educational seminars to the New Mom's Support Group at Virginia Hospital Center. ■

Five New Faces at Body Dynamics, Inc.

Body Dynamics Welcomes Two New Therapists, Three New Administrative Staff

BDI is excited to welcome two new therapists, Ashley L. Templer, MPT, and Kristin Silvestro, CMT, and three new administrative staff, Stephanie Gottfried, Valerie Dragone, and Laura Ross.

Ashley Templer joins BDI as a physical therapist and Polestar-certified Pilates practitioner. She moved to Arlington from Jacksonville, Florida, where she worked in a Pilates-equipped PT practice and presented dance injury prevention seminars to local ballet schools. Ashley received her undergraduate and graduate physical therapy education at the University of North Carolina at Chapel Hill. Her background in dance includes pre-professional release-time training at the Washington School of Ballet. Ashley currently teaches Pilates Mat I at BDI on Monday evenings and provides physical therapy and Pilates training at the Universal Ballet Academy and Arlington Center for Dance. She is available for PT and Pilates fitness private sessions.

Kristin Silvestro, Body Dynamics' new massage therapist, joins the staff after recently graduating from the Utah College

of Massage Therapy. She specializes in deep tissue massage, trigger point therapy, structural integration, and myofascial release. Prior to her massage training, Kristin received her bachelor's degree in modern dance with an emphasis in dance medicine from Brigham Young University. She also brings an extensive background in ballet and jazz, and she performs and choreographs for musical theatres in the DC area.

New to the BDI administrative team is Steph Gottfried, who will serve as BDI's full-time Operations Manager. Steph brings 12 years of experience in business operations, including finance, consulting, and systems, with 4 years of experience in the healthcare industry.

Valerie Dragone, our new Front Desk Supervisor, worked as a medical receptionist for almost 4 years before joining BDI. She will coordinate scheduling and authorization of health insurance claims and is available to answer any questions you may have about BDI services.

Assisting Valerie is Laura Ross, Body Dynamics' new Receptionist. A native Arlingtonian, Laura holds a bachelor's degree in neuroscience and behavioral biology and intends to apply to physical therapy school this fall.

With the addition of these highly qualified professionals to the Body Dynamics team, we look forward to continuing to serve your wellness needs. ■

New at Body Dynamics: Women's Health Program

Carrie James, MPT, brings her expertise in women's health to BDI. She is developing an extensive program that specifically addresses physical therapy issues unique to women, including pelvic pain, incontinence, and pre- and post-partum issues.

She collaborates with many obstetricians and gynecologists in the metro area.

Please feel free to call Carrie at 703-527-9557 if you have any specific questions. She is more than happy to help. ■

New Physical Activity Guidelines

The newly released *Dietary Guidelines for Americans 2005* makes the following physical activity recommendations. You can view the full *Guidelines* at www.healthierus.gov/dietaryguidelines.

Recommendation Number 1: Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight. Specific recommendations are as follows:

a. To reduce the risk of chronic disease in adulthood: Engage in at

least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.

For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

b. To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.

c. To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

Recommendation Number 2: Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

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	\$1120

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

	60/90 min
Early bird registration (per class)	\$14/16
Regular registration (per class)	\$15/17
Drop-in (per class)	\$16/18
Flash pass (unlimited classes)	\$396
(\$36 per week for 11 weeks)	

PHYSICAL THERAPY

Fees available upon request

BDI Summer 2005 Calendar of Events

- ▶ 5/1/05 to 5/31/05 Cardiovascular Fitness Month at BDI. Sign up to receive your cardiovascular assessment during the month of May and receive a 10-percent discount!
- ▶ 5/20/05 Early Bird Registration Deadline. Register early for summer classes and save \$2 per class off our drop-in rate.
- ▶ 6/6/05 BDI Summer 2005 Classes Begin. Put on your workout clothes and tighten your "seatbelt muscle" for the first week of summer classes at Body Dynamics!
- ▶ 7/9/05 Golf Pilates Clinic Level II. Our Level II golf clinic builds on the Level I clinic to offer advanced core integration training and Pilates as well as swing analysis. 2 to 4 p.m.
- ▶ 7/11/05 to 7/29/05 The Performing Arts Institute. This special workshop is for young pre-professional dancers and skaters ages 10 to 14. See page 1 for more information. Monday through Friday 8:30 a.m. to noon.
- ▶ 8/20/05 BDI Summer 2005 Classes End. Take some time for yourself before launching into a busy fall and another exciting session at BDI!

The Body Dynamics Kudos Corner!

Kudos to the following Body Dynamics staff for their achievements and contributions:

To Leigh Roberts, on her promotion to Associate Clinical Director at BDI.

To Sonia Cronmiller, on passing her American College of Sports Medicine Health Fitness instructor exam.

To Carrie James, for her well-attended and well-received running clinic at Body Dynamics in February.

To Jason Grandeo, for his golf clinic in March—good turn out and great feedback!

To Amy Eisenhower (soon to be Amy Humphrey), on her upcoming nuptials.

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