

Evolve

New Perspectives in Fitness and Wellness

GTS proves a good fit with new fitness populations

Gwynn Hegyi and Bobby Sidney

Welcome to 2011 at Body Dynamics! We thought we'd take a little different approach with our January Newsletter article and share an interview with another community that's part of our BDI family: people who are blind or visually impaired.

Maybe you've met them while sitting in our waiting area or better yet, maybe you've exercised with them in a group class at BDI. It's our pleasure to introduce you to Bonnie O'Day, Bob Hartt, Sue Povinelli, and Larry Povinelli and share with you their experience as students and clients at Body Dynamics!

All four individuals are people who are blind and regular exercisers at BDI. Bonnie is a senior researcher for a federal contractor; Bob a legislative analyst for the federal government; Sue a program manager for the military; and Larry a private practice attorney.

Interviewer: What's the biggest challenge you face in exercising or participating in sports or physical activity?

Bob and Bonnie: Transportation is a huge factor. We enjoy outdoor activity but sometimes



Bobby Sidney (front) finds working with new populations and clients beneficial to his teaching skills

find it difficult to find transportation. It is also difficult to find organizations like Body Dynamics that are willing to include us in their regular activities, while making minor modifications so we can participate.

Sue: As a blind person, it's very difficult to understand and follow the instructor's verbal directions because I can't see the instructor and mirror their actions. The BDI instructors for my pilates class are excellent in showing me the pilates positions individually either by more descriptive instructions or by physically showing me the proper positions. But since the instructors are willing to do this for all of their students, it doesn't feel awkward.

If more disabled persons learn the benefits of the basic pilates exercise, they could live a more active life.

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Interviewer: How has your involvement with Body Dynamics impacted your life?

Larry: I believe the Gravity Training System has changed my life forever. I have found a way to improve my core strength that can be accomplished well into my senior years. GTS is a great workout for running and cross country skiing, two other activities I have adopted that have helped with my 100 pound weight loss over the past 3 years.

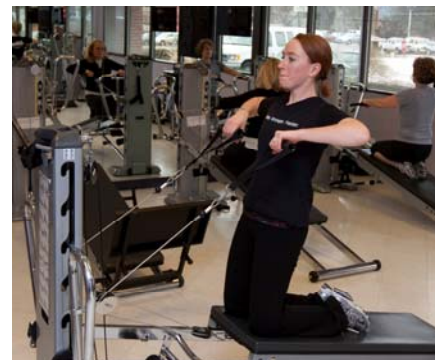
Bonnie: I have back problems and participation in pilates has largely alleviated these problems. But it's the emphasis on verbal instruction and my instructor's regular walks around the class checking body alignment and position that I appreciate. You provide an alternative without making a big deal and continue to include the person in the regular class.

And in case you've not had the opportunity to share a class with Bonnie, Bob, Sue, or Larry, here's how classmates and BDI instructors benefit from their presence.

Jan Roche, BDI classmate: I work out regularly with these classmates. Their energy and stamina motivate me to give it my all as no one holds back. The instructors provide thoughtful verbal cues and we all push ourselves.

Bobby Sidney, BDI Trainer and Instructor: I find working with any of these guys enhances my verbal and tactile instruction to rely less on demonstration, which I believe benefits everyone in class as well as enables me to think more creatively.

So spread the word: Body Dynamics group classes aren't just for students who can see their instructors, they are a great option for any and everyone!



Instructor Christina Vink in a Body Dynamics GTS Class

Group Classes Popular in 2011

Body Dynamics Inc.	
Wed, January 12, 2011 <input type="text" value="1/12/2011"/>	
Pilates Ball: Level 1-2 with Andrea Watkins	
Date: Wed 1/12/2011 - 3/5/2011	
Time: 11:30 AM - 12:30 PM	
Challenges overall strength, core control, and balance as Pilates exercises are performed using	
Sign Up Now	
Gravity Power Hour with Bobby Sidney	
Date: Wed 1/12/2011 - 3/5/2011	
Time: 6:00 PM - 7:00 PM	
One full hour of high-intensity Gravity Training intended to challenge cardiovascular and muscula	
Sign Up Now	
Gravity Training with Jennifer Gamboa	
Date: Thu 1/13/2011 - 3/5/2011	

Group Classes have proven popular this winter!

Thank-you to everyone who signed up and is making use of the new online system! You can register for and schedule drop-ins and make-ups, as well.

Having issues?

There is a guide on our website homepage that answers frequently asked questions and provides a step-by-step guide for any concerns you may have!

Never hesitate to call – we are happy to help!