

## The Studio Scoop

### IS THE SWIMSUIT SEASON A SOURCE OF STRESS?

July 2008

Do you spend energy hiding your body, being self-conscious about wearing a bathing suit or shorts, rather than confidently having fun. If this sounds familiar to you, I can help.

If you want to approach summer more fit and confident, call me today!



### No Excuses for Not Exercising During Summer Travel

Summer is time for those family trips to start. But this doesn't mean your exercise program should stop! In fact, traveling gives you an opportunity to get some variety into your workouts. Here are some ideas to blend vacation and exercise:

- Hitting the beach? Walking in the sand is great cardiovascular exercise and it strengthens your feet and ankles. Dry sand will be harder to walk in than wet.
- Rent bicycles for the family – see the city or country by bike.
- Arrange a walking tour. Many cities have organized tours.
- Cruising? Jog around the deck while catching the sunrise or sunset. And, most cruises offer exercise and dance classes.

Remember to plan ahead – you'll be happy you did when you return home!

### TRY THESE EXERCISES ON YOUR TRAVELS...

#### ***CURRENT CLASSES:***

#### **On Going Mat Classes**

**Tuesdays at 6:00 p.m.**

**at Plant World  
St. George, UT**



**For More Information,  
call Sue @ 680-7163**

**And, watch for more  
classes to be added at  
our new location.**

**All you need is a simple resistance band or tube, which will take little room while packing. With this basic tool, you can workout each muscle group in 10 to 15 minutes.**

Try these exercises today to strengthen the upper back, shoulders and arms:

- 1) Sit tall, with legs extended straight out in front. Wrap your band around both feet, with just your first two toes peeking out. Hold the band in both hand and with elbows high pull elbows back (making sure your shoulders stay down in your back pockets).
- 2) Staying in the same posture, except elbows by your rib cage, pull elbows back with shoulders down.
- 3) Stay in same posture, except cross the band over and pull one arm at a time (bow and arrow style) and twist. Watch that your feet remain on the same plane (no shifting).