

Our Healthy Lifestyles

Utilizing yoga and Pilates to keep yourself healthy

Yoga and Pilates classes have become more popular over the last few decades. Both practices benefit the body by providing stress relief, more energy, and increasing fitness.

Each have their own unique style and history.

Pilates is a form of strength and flexibility training that focuses on the core and abdominal muscles. Pilates originated in Germany in the 1920's and was created by Joseph Pilates.

Pilates was designed to strengthen bedridden hospital patients. Today, it is



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used not only in health and fitness centers, but in rehabilitation centers as well.

It strengthens the core

muscles of the body. The core consists of many different muscles that stabilize the spine and pelvis and run the entire length of the torso. These muscles are located in the abdomen, back, buttocks, hips, and thighs. Pilates is a great way to lose weight, tone physique, and improve posture. It is also a great stress reliever because it teaches a method of exercising control over the body against external stressors. The benefits of Pilates can be experienced by all regardless of fitness level.

Yoga was developed in

India and has been in existence for over 5,000 years. Yoga consists of a series of poses called asanas that stretch and strengthen muscles as well as improve posture.

Yoga not only stretches the muscles, but also the soft tissues of the body which includes ligaments and tendons. It also increases the range of motion in joints and promotes joint health.

Yoga helps manage and control anxiety, arthritis, back pain, blood pressure, depression, and many other conditions. Yoga practice

massages the internal organs and contributes to detoxifying the body and increasing blood flow. In addition, it loosens the joints, which reduces the risk of injury in people of all ages.

Like Pilates, Yoga is appropriate and beneficial for all fitness levels from novice to advanced practitioners.

Both Pilates and Yoga focus on breathing and form. The physical, mental, and spiritual benefits of Yoga and Pilates are essential to a complete fitness program. The Southington-

Cheshire Community YMCA, as well as YMCA's across the country, is dedicated to providing quality Pilates and yoga programs to benefit members.

A wide range of classes and times are offered to fit into all schedules. It's never too late to try something new, so add yoga and Pilates classes to your fitness routine.

For more information about yoga and Pilates classes available at The Southington Community YMCA call the Member Services Desk at 860-628-5597.

Walking the talk: building muscle with weights is very important

As a chiropractor, I try to walk the talk so to speak. Our mission statement is to provide state of the art chiropractic care encouraging positive life style changes for a health life. This means that we encourage people to exercise, eat right, stop smoking etc.

So I try hard to do all those things. I eat right (mostly...I am human), don't smoke and I exercise six days a week. Five days I am in the gym and then we have our walking club on Saturday mornings.

When I am in the gym, there are a lot of other people trying to do the same thing, get and stay healthy. I do my thing but I do see them doing there thing as well and I want to share



Dr. Carol Grant
Alternatively
Speaking

some observations that might make your workout a little more effective.

Building muscle by using weights is very important. The more muscle you have the higher your metabolism will be

and the more you will be able to keep your weight down. The best way to build muscle mass is to lift the weight against gravity. And I see people trying to do this, but they may not be working the muscle they think they are working.

For example, lifting weights to build a muscle like your biceps is easy to picture. You take the weight in your hand, palm up and bend your elbow. Working your deltoid is also easy to picture, weight in hand, palm down and lift out to the side. You can also lift to the front to get

another part of the deltoid muscle and lift to the back to get even another part. Make sure you stand straight when you do this. All of these exercises are utilizing weight against gravity.

If you want to work your deeper shoulder muscles, say the rotator cuff muscles, the same principle applies. It must be done against gravity.

I see people in the gym standing up holding the weight and moving the weight closer to their body (internal rotation) and away from their body (external rotation). Yes these are the motion that the rotator cuff does but doing the movements standing is working the

biceps muscle, not the rotator cuff. The correct way to do the exercise is to lay on your side and do the exercise.

For example, to work the right rotator cuff, hold the weight in the right hand, lay on the right side, and perform internal rotation. Then, continuing to hold the weight in the right hand, lie on the left side and perform external rotation against gravity. You will feel a definite difference in the shoulder workout.

Another thing that people do in the gym that prevents the maximum benefit is to fail to move the weight through the full range of motion.

They will extend three

quarters of the way or only flex half the way. This prevents the entire muscle from gaining strength. And if you need to use that muscle during your day, you will only be strong in a smaller range.

If you are wondering if your work out is the best you can do, feel free to contact me and I would be happy to discuss what your program is all about. I would be happy to give you whatever guidance you need.

Dr. Carol Grant, a local chiropractor, does not intend this column to substitute for medical advice. She urges you to always consult with your personal physician before changing any current program.

The best time to update your will is after you were glad or sad

Clients often ask, "When should I update my will?" A simple answer is "When something happens that makes you very glad, or very sad." That could be the happy long shot of winning the lottery, or the sadness of having a loved one diagnosed with a debilitating disease.

Since Federal estate tax law in 2010 is in a period of transition, now is a good time to review if Federal or State taxes could be due if you should die. In general, there are no taxes if a spouse inherits from a deceased spouse, but starting in 2011 there will be a Federal tax on assets that exceed \$1 million going to others.

Taxes are not the only reason to review your wills. If years ago you left specific gifts to certain people, and the rest to other heirs equally, this could result in unintended consequences. A real life example is a woman who left her house to a nephew, and various stocks and investments to her nieces. The intent was to be roughly equal. Two



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Elder Security

decades later, the house had appreciated greatly, but many of the stocks had fallen drastically. The beneficiaries were nowhere near equal. While this method was probably not the wisest, since the intent was to treat the nephew and nieces roughly equal, it points up the truth that a careful review can point out the potential differences between intent and results.

A critical time for review is when a loved spouse requires long term care. If there is no will, or if

the couple have typical husband and wife wills leaving everything to each other, the result will be that everything will go to the sick spouse if the healthy one dies first. This happens far more often than one might think. One solution is to do wills in keeping with Connecticut law that essentially protect 100 percent of the principal of the couple's assets if the "healthy" spouse dies first.

This can also happen to an unmarried person without children who has elderly parents. If the younger single person dies before her parents, then all the assets will be going to the parents and if the parents need long term care, the assets will usually have to be depleted before a government program can provide the care.

Another situation is when the simple wills leave everything to children, but one of the children suffers financial or marital difficulties. It may be wise to alter the will and have that child's share put into a trust

to protect it, either for the child or the grandchildren.

The message that the above scenarios give is that it is penny wise and pound foolish not to review your estate planning documents, because time and health changes can make an earlier estate plan out-

dated, and potentially harmful to your desires.

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SUBMITTED

Cub Scout pack 8 from Southington recently took a guided hike at Sessions Woods. It was led by Laura Rogers-Castro of the Friends of Sessions woods. They learned about different animal habitats and about many of the animals and plants found at the Sessions woods wildlife conservation lands.