



News

September 2006

Hydration: A Drop in Your Bucket

Our Fit U discussion on hydration brought up lots of things that had been heard or believed about proper hydration. The debate about how much water one should drink each day and which fluids can be counted toward that amount arose. Given that the body is, ideally, 75% water, this topic is essential to health and fitness.

Starting with a basic understanding of how the eight 8-ounce glasses recommendation was created (1.5 liters lost through urination and .5 liters lost through respiration) we moved along the continuum of beliefs about proper hydration to Dr. Batmanghelidj at www.watercure.com. He has researched the importance of water and written three books and numerous articles about its healing properties. The name of his website reflects his position on water. In one interview he is quoted as saying that 99 out of 100 times pain is caused by dehydration. He does, however, point out that he doesn't believe that water cures ailments and diseases; it does cure dehydration, which is the cause of many ailments and diseases. His list of diseases associated with dehydration includes: asthma, allergies, heartburn, rheumatoid joint pain, back pain, colitis pain, migraine headaches, fibromyalgic pain, diabetes, osteoporosis, lymphoma, lupus, varicose veins and angina.

So, does dehydration lead to disease? How does chronic dehydration affect the structures of the body? The muscles? Lungs? The brain? It is, intuitively, easy to see a connection between a lack of water and decreased synovial fluid (the lubrication and nutritional source inside the joints), but thinking there is a link doesn't make it so. And until enough research is done to prove the affects of chronic dehydration the debate will continue. This debate, however, is not the focus of our Fit U courses. The goal of each discussion is to learn the basis for the philosophies that we are inundated with every day. Every body is different and we believe that the way to find out what is right for you is through education.

Mark Your Calendars

It's that time of year again. On October 12, 2006, we will be opening the doors

of EQUIVITA from 5-7pm for our Annual Open House. This is a great time to celebrate with each other as well as to share EQUIVITA with your friends and family. Our Annual Open House always includes information about what we do and how Transitional Fitness is different, networking, mingling, socializing, partying and prizes. Please help us to celebrate our achievement of 5 years in business. Refreshments will be provided of course...it is EQUIVITA.

Transitional Fitness Training Model

This August, as a part of our continual refinement of Transitional Fitness and the development of Transitional Fitness Training Professionals, we created four levels of Transitional Fitness Trainer (TFT). These levels are indicative of the knowledge, skills and abilities attained by the Trainer. As you know, we are developing a new profession and this profession reflects an evolution in the fitness industry. Our Transitional Fitness Trainer model fills the gap between what currently exists for traditional fitness trainers and the scope of care offered by the medical community. Every change enables us to better define TFT and we thank you for your continued support through the process. Please help us congratulate Tami Wise for her achieving Transitional Fitness Trainer level II.

Fitness Assessments

The Fitness Assessment is the foundation of the Transitional Fitness model. This approach starts with your body and your goals, and develops a plan for where you want to be. There are many ways that you can achieve your goals. You can choose to participate in Transitional Fitness Training sessions with our Transitional Fitness Trainers. You can choose to participate in our BodyByMe online training program. Or, you can choose to work out on your own in your own gym or home. The most important component is to begin with the end in mind and start with a Fitness Assessment. At the conclusion of this comprehensive assessment, you will have a clear understanding of your current state of wellness and, most importantly, you will have a plan. Consider calling today to find out more or to arrange an assessment at 614.298.8781.

A Reward For You

Body awareness is an important aspect of wellness. To help you be more aware, EQUIVITA has developed a Body Awareness Journal. Complete and submit 5 days of the Body Awareness Journal prior to your next massage and receive 15 additional minutes of Massage Therapy for free. These journal entries will be placed in your personal chart at EQUIVITA. The Body Awareness Journal is a tool to help you be more aware of your body. Our goal is to get you to spend a little time daily thinking about the most important thing - you. More information about the Body Awareness Journal will be available soon on the EQUIVITA web site: www.equivita.com.

More Changes at EQUIVITA

To ensure the development of the new Transitional Fitness Trainer (TFT) profession and to maintain quality staff, we announced in August the creation of

four different pricing levels for the four levels of TFT. The new pricing became effective 8/15/06, but we offered one month of preparation. In addition, on 9/15/06 Fitness Assessments will become \$150 and a 60-minute massage will become \$65. A package of 4 massage hours can be purchased for \$230. As always, we want to offer our clients the opportunity for pre-sale of any service before the price increase. You may want to consider pre-purchasing massages or a Fitness Assessment now. Contact us by email info@equivita.com or phone us at 614.298.8781 to schedule your appointments now. If you know of anyone who is considering EQUIVITA services, you may want to inform them of the price increase so that they can also make their purchases before the increase takes effect.

Next Fit U Class: Supplements, Part II

Supplements, Schmupplements: Beneficial or Bogus? Part II in a series will be offered on Saturday, September 9, 2006 from 10 – 11am in the EQUIVITA Café. During the last class we began the discussion on the benefits of supplementation beyond the illness—avoidance minimum level. Join us as we continue the exploration of the benefits of ingesting vitamins and minerals in greater amounts than found in food. The handout from our first Supplements class can be found on our website www.equivita.com. These classes are free and open to the public. If you have never attended, it's a great way to learn in an investigative and open environment. Refreshments provided.