



News

May 2006

Reduced Price Massages Still Available!

We want to thank all of you who have taken advantage of our special offer. Through your feedback on the survey and during your massage, you are helping our newest massage therapist, Cheryl Harris, to further develop her skills to provide massages that meet your needs. Your input is important to us to ensure the quality of our services and personnel. There are still a limited number of these reduced price massages available, but don't delay. We have limited this opportunity to her first 100 massages. If you are interested in a 1-hour massage with Cheryl for a reduced rate of \$45, call 614.298.8781 to schedule your appointment. This is a \$15.00 savings. In addition, if you complete the short survey following your massage, we will give you a \$10.00 coupon towards your next massage. Don't miss out on this opportunity to get a great massage and mold our therapist. Who knows EQUIVITA and the way that we provide service better than you? You can also give a massage as a gift.

Fit U Classes

Who would have thought that a class on rest could wake you up? During last week's class, Rest: Not Just Sleep You Lazy Bones, the participants engaged in a passionate dialogue about the mind body connection. The research that was presented challenged some of our traditional beliefs, and participants explored these ideas. Our next class, You are Not Your Body: The Power of Objectivity on Saturday, May 27, 2006 should spark some interesting discussions. Join us as we explore how what we think impacts how we feel. Discover if you are sabotaging your health and fitness progress and what you can do about it. These lively one-hour discussions held from 10:00 am – 11:00 am provide you with research-based fitness information in understandable ways that apply to you and your body. These seminars are not limited to EQUIVITA clients, so bring your friends. Visit our web site at www.equivita.com for information on the schedule of the classes, as well as for access to the handouts of the previous classes. Questions? You can email us at info@equivita.com.

Freeze-Framer Interactive Learning System

EQUIVITA has acquired a unique software package called Freeze-Framer

Interactive Learning System- that we are making available at no cost to our clients and friends. This product was introduced during our Fit U class on rest. The Freeze-Framer was designed to prevent, manage and reverse the negative effects of stress, and to enable users to learn how to operate their mind, body and heart as a unified system. With this system, you can watch how your thoughts and emotions affect your heart and autonomic nervous system. The purpose of the software is to help you to learn how to control and train your thoughts so that they are more in coherence with a healthy body. The software monitors your heart rate and pulse and provides specific auditory and visual feedback, as well as charts your progress in your journey towards relaxation. For information about the Freeze-Framer software, go to www.heartmath.com. To learn more about the research behind how your heart sends messages to your brain, go to www.heartmath.org and click on any of the research areas listed. Drop in at the EQUIVITA café, have a cup of coffee, and explore.

Community Events

So many friends joined us for the Komen Columbus Race for the Cure on May 20, 2006. We ran, walked, and jogged (client's descriptive term) the 5K (3.1 mile) event that started in Downtown Columbus. It was a family affair, with children and friends participating in the Children's 1 Mile Fun Run too. We had participation in many other ways also. One person completed her exercise on the elliptical trainer at EQUIVITA. Others veered from the course to visit with clients who were participating in the German Village Valuables Giant Yard Sale, but returned to finish the 5K race. Along the course, all were entertained by the live music, inspired by the survivors and their families, and motivated by the Harley Davidson riders who revved their engines and high-fived the walkers and runners. After this beautiful sunny event, we celebrated our success with brunch in the EQUIVITA Cafe. To add to this excitement, the Weekenders Event hosted by client Kathy Goldberg raised an additional donation for Komen Columbus. If you missed the Weekenders Event, you can contact Adam Milligan at amilligan@equivita.com. The Race for the Cure is an annual event for EQUIVITA clients and friends. So if you didn't join the fun this year, consider it next year, or consider walking or running in another of our organized events. Thanks to all of you for helping to raise awareness for breast cancer, to raise funds, and to do something good for your health along the way. More information is available at www.komencolumbus.org.

Fitness Assessment Referrals

Have you ever considered telling your friends about what a difference EQUIVITA has made in your life? The primary way that EQUIVITA grows is through your referrals and contacts. Take the time to encourage a friend to learn through an assessment about a fitness program that will work for them, their body and their goals. This assessment is comprehensive and does not require that a person sign up to receive training afterwards. In fact, we have many people who participate in the assessment and leave with a unique exercise plan that makes sense for that individual, taking into account their body's muscle and bone

structure and their goals. There is a great value in understanding what your body needs and how to achieve it. Another way to get started is to bring a friend to attend one of the Fit U classes on Saturdays.

Transitional Fitness

What is Transitional Fitness? This is a term that you hear quite often at EQUIVITA to describe our fitness and training approach. Transitional Fitness is a model that incorporates a variety of methods to create an environment that allows your body to change. Typical fitness approaches apply a pre-determined plan to your body with the goal of forcing your body to change. Unfortunately, the results from the forced approach are minimal and not lasting. The goal of Transitional Fitness is to work with you and your body to find the balance. Contact us at 614.298.8781 if you are not a client and you'd like to experience this difference.

Members Only

Have you been to the EQUIVITA web site recently? There is health and fitness related information available from our Fit U classes. New to the site is a Members Only section that is being designed as another place where the EQUIVITA community can gather. It includes an online discussion forum, where you can share, complain, laugh or just sound off about fitness and health related topics. Check it out. Currently, after you sign onto this area, it will take a day or so for you to be able to access this section. Check back often at www.equivita.com.

Possible Training Courses

It's time for our trainers to renew their CPR and first aid training certificates. We wondered if any of our clients would like to take the American Heart Association's Heart Saver Training (CPR) or the American Red Cross First Aid Course at EQUIVITA. Would you be interested? Please contact your trainer, email info@equivita.com, or call and leave a message in the EQUIVITA general mailbox at 614.298.8781 with your name, contact information, and course(s) if you would like to take either one or both of the courses. We will get back to you with more details if there is enough interest to open this up to our clients too.