

The Wonders Of Your Core

Class Description - Core Essentials is a core movement, strength and development series designed to educate, inspire, and support you in making healthy, positive changes for your health, your core and your life.

What is the Core? Simply put, it is your back, your butt and your abdomen. These are the most important muscles for strong, capable movement.

The Golden Rule - You have control over your health, body shape, strength, and confidence. The choices you make and the actions you take determine your health and satisfaction you have with your body and your life. A small effort such as attending weekly class translates to a huge benefit - at least 10 fold!

Ingredients For Change:

- ✦ *Desire* - If we do not initiate change, we will not change. Change is difficult and easy to resist unless there is motivation behind it. The stronger the desire for change, the more quickly it will come around and reflect on our bodies. Just watch!
 - ✦ *Persistence* - We must commit and stick with consistent training. The stresses of life try to get in the way but if we keep at it, results are guaranteed.
 - ✦ *Happiness* - If we do not enjoy the process we will not continue. Find some physical activity you love and do it! If you haven't found it yet, keep looking. Class trainers are great resources for workout ideas.
 - ✦ *Relaxation* - Stress breaks us down and does not allow progress. Take the steps you need in order to manage your stress and relax.
 - ✦ *Knowledge* - Make sure you have accessible resources for support and health. Actions and choices dictate our purpose and direction. Do not waste your valuable time and effort on unproductive choices.
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Why Do We Need a Class? Our bodies are very good at saving energy through efficient movement patterns. The modern environment does not challenge our bodies and our nervous systems which were developed in a more variable environment. This leads to the development of energy saving movement patterns and body deterioration. Learning how to activate and move from the core effectively requires guidance and consistent reinforcement. Without this core connection we put ourselves at increased risk for injuries and developing chronic disease.

Benefits of Developed Core Strength:

- ✦ Increased metabolism - increase your metabolism by as much as 30%, just by using your core!
 - ✦ Increased energy for life!
 - ✦ Increased confidence, presence and thriving body language
 - ✦ Increased coordination and balance
 - ✦ Improved physiological function, circulation, hormonal balance
 - ✦ Improved presence and body language
 - ✦ Reduced Stress. Yes, really!
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Rules For Getting Started:

You can never fail! There is no such thing as failure, there are only lessons learned and feedback gained from our actions and choices.

Take your workout with you. Stay present and aware of the power you have to change your body and your life.

Never begin or end a day without self-talk and reflection, focused on gratitude, love, and forgiveness of yourself and others.