



September is National Yoga Month

Modern, exercise-based yoga stems from an ancient practice called hatha yoga, that focuses on the mind-body connection through the practice of yoga postures, or asanas. Yoga is the most popular mind and body practice in the United States, with over 21 million adults participating in yoga exercises in 2012, accounting for 9.5% of U.S. adults, a significant increase from 6.1% in 2007 and 5.1% in 2002. The following are some of the benefits experienced by these yoga participants.

- **Stress Relief:** Yoga can reduce the physical effects of stress on the body. Through the focus on relaxation, yoga can lower the levels of the stress hormone cortisol. Additionally, practicing yoga can result in lower blood pressure and heart rate, improve digestion, boost immune function, and ease the symptoms of anxiety, depression, fatigue, asthma and insomnia.
- **Pain Relief:** Through the practice of yoga postures and meditation, many have experience reduced pain caused by conditions like cancer, multiple sclerosis, auto-immune diseases and hypertension even arthritis, back and neck pain, and other chronic conditions.
- **Better Breathing:** Yoga focuses on slower, deeper breathing. This can improve lung function, activate the body's relaxation response and increase the amount of oxygen available to the body.
- **Flexibility:** Regular practice of yoga can improve flexibility and mobility, increasing range of motion and reduce aches and pains. Additionally, by improving body alignment, yoga can result in better posture, in turn, helping to reduce back, neck, joint, and muscle problems.
- **Increase Strength:** Yoga postures emphasize the use of every muscle in the body, this can help to strengthen the muscles as well as to relieve muscular tension.
- **Weight Management:** By reducing cortisol levels, burning excess calories, and reducing stress, yoga can aid in controlling weight.
- **Improved Circulation:** Through the practice of different yoga postures, yoga can improve circulation and thereby making the body more efficient in moving oxygenated blood.
- **Cardiovascular Conditioning:** Even gentle yoga can improve cardiovascular health by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.
- **Inner Peace:** The meditative aspects of yoga can benefit the spiritual health of its participants.

Enjoy the many benefits of yoga by participating in one of the classes offered at the GAO Wellness and Fitness Center:

Power Yoga: Monday 5:30-6:30
Yoga: Tuesday and Thursday 1:30-2:30



October is Breast Cancer Awareness Month

ONE in EIGHT women in the US will be diagnosed with breast cancer in their lifetime. The annual campaign to increase awareness of this disease promotes steps people can take in order to detect breast cancer in its earliest stages. Breast cancer is the second leading cause of death among women—it can be treated but outcomes are best when the disease is caught early.



Early Detection

Breast Self-Exams

Breast self-exams should be performed at home each month and any changes or abnormalities should be discussed with a physician.

Clinical Breast Exams

Clinical breast exams are performed by a healthcare professional at the annual exam and check for lumps and any other physical changes in the breast.

Mammograms

Mammograms are x-rays that allow qualified specialists to examine breast tissue for suspicious areas. These tests often discover lumps before they can be felt, as well as pre-cancerous cysts and calcifications.

For more information on the signs the symptoms of breast cancer, as well as tactics for early detection, please visit the National Breast Cancer Foundation online at

<http://www.nationalbreastcancer.org/early-detection-of-breast-cancer>

Happy Halloween!!



Children and adults alike love Halloween! Remember, there are many ways to celebrate October 31st without consuming loads of candy and sugar.

- Visit a local pumpkin patch to enjoy a hayride, try local apple cider, and pick out a pumpkin to take home and carve into a jack-o-lantern!
- Don't just throw away those seeds! After you scrape the pulp out of your pumpkin, wash and dry the seeds. Put them on a baking sheet with a little oil and whatever spices you want: salt and pepper with olive oil for savory taste buds, or cardamom and cinnamon roasted in coconut oil for a sweeter treat without the guilt. Watch the seeds closely while roasting; they burn easily.
- Bake apples in cinnamon for a healthy snack that celebrates the autumn.

Why should you avoid sugar?

Americans consume WAY too much sugar. While the guidelines state that women and men can have 6 to 9 teaspoons a day, respectively, the average adult takes in 22 teaspoons of sugar each day. Children consume a whopping 32 teaspoons! Sugar has been linked to an array of chronic diseases: cardiovascular disease, Type-2 diabetes, obesity, metabolic syndrome, and colon and pancreatic cancers. Sugar also contributes to conditions like insomnia, hypertension, hair loss, tooth decay, and attention deficit disorders. The research against sugar is piling up and Americans need to break the sugar habit! Avoid sugar every day but set a goal to consume little to no candy this Halloween.

September

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 Fitness Center closing at 4 PM for Labor Day Weekend
7 LABOR DAY FITNESS CENTER CLOSED	8 Seated Massage	9	10	11
14	15 Seated Massage	16	17 Reflexology	18
21	22	23	24	25
28	29 Resting Metabolic Rate Screening Zumba 12:20-1:20pm Seated Massage	30 Resting Metabolic Rate Screening		

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 All lockers must be vacated by 7:30pm	2 All lockers available for day use only
5 Locker lottery results announced!	6 Seated Massage	7	8 GFAA Annual Meeting 9:30am in the Fitness Center Zumba 5:30-6:30pm	9
12 COLUMBUS DAY FITNESS CENTER CLOSED	13 Seated Massage	14	15	16
19	20 Seated Massage	21	22	23
26	27	28	29	30