

YMCA RESTON



FITNESS FEATURE



AUGUST GROUP EXERCISE SCHEDULE UPDATES

CLASS ADDITIONS:

Pedal for Parkinson's is back on Wednesday afternoons at 1pm!



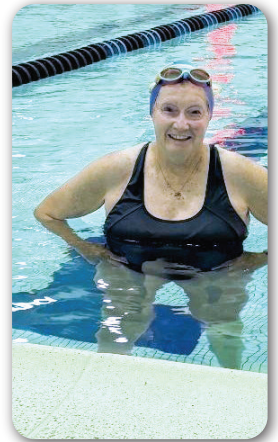
MEET JEANNE AND CHRIS JAESCHKE

Jeanne and Chris Jaeschke always appreciate the warm welcomes they receive at the YMCA from the front desk staff, lifeguards, fellow swimmers, instructors, and the participants of the "Pedaling for Parkinson's" class. Both are retired federal employees—Chris from the DOT Federal Highway Administration and Jeanne from the DOI U.S. Geological Survey.

Most mornings, you can find Jeanne swimming around 2,800 meters. Two to three times a week, she joins Chris for his spin class, where he has logged over 1,000 miles in the past year and a half. With the encouragement of his instructors and fellow spinners, Jeanne has loved watching Chris improve his mobility, agility, speed, and endurance.

Fun fact: They are also part-time oyster farmers in the Northern Neck, raising *Crassostrea virginica* (sterile triploid oysters) in the Rappahannock River. Because these oysters grow 30% faster than native varieties and filter 11 to 45 liters of water a day, their farming efforts actively help restore the health of the Chesapeake Bay.

If you see Jeanne or Chris, stop by and say hi!



FITNESS TIP

Strength training focuses on building muscle mass, bone density, and overall power using external weights, resistance bands, or body weight.

Three Different Types of Strength Training Workout Routines:

You just started strength training and you are wondering how many days a week should you be doing it?....

Generally experts provide the following schedule:

Strength Training Focuses on building muscle mass, bone density, and overall power using external weights, resistance bands, or body weight.

Total Body Workout Schedule: Exercises that hit all major muscle groups in a single session. This could be 3 days a week on alternating days. This is great for beginners and people with limited availability.

Upper/Lower Split: Alternates between upper body exercises on one day and lower body exercises the next. This can be split into 4 to 6 days a week.

Push/Pull/Legs (PPL): A popular 3-day or 6-day cycle where day 1 focuses on pushing movements (chest, shoulders, triceps), day 2 on pulling movements (back, biceps), and day 3 on legs.



Craving a healthy chocolate dessert?

Try the Chocolate Cottage Cheese Mousse!

Ingredients:

- 1 cup of cottage cheese
- ½ cup of Greek yogurt
- 2 tbsp unsweetened cocoa powder
- 2 tbsp pure maple syrup
- 1 tsp vanilla extract
- Chocolate chips for topping (optional)
- Strawberries (optional)



Directions:

Mix cottage cheese, yogurt, cocoa powder, vanilla extract and maple syrup in a blender until smooth and creamy. Pour in a small bowl and refrigerate for 60 minutes. Top it off with chocolate chips and berries for an extra touch when serving. Enjoy!

WHAT IS PILATES?

Pilates is a low-impact mind-body exercise that focuses on building core strength, flexibility, posture, and muscular endurance. Created in the early 20th century by Joseph Pilates, it emphasizes precise movements, breath control, and the "powerhouse" which includes the abdomen, lower back, hips, and glutes.

Experts believe the Pilates method is governed by **SIX FUNDAMENTAL PRINCIPLES:**

- ▶ **Centering:** All movements originate from the center of the body (the core).
- ▶ **Control:** Conscious, precise control of every movement prevents injury and maximizes effectiveness.
- ▶ **Flow:** Movements are fluid, graceful, and continuous, avoiding jerky repetitions.
- ▶ **Breath:** Intentional, focused breathing oxygenates the blood and engages the core.
- ▶ **Precision:** Quality of movement is prioritized over quantity.
- ▶ **Concentration:** Mind-body awareness is required to execute exercises properly and maintain form.

COMMON MAT PILATES EXERCISES:

Pilates Hundred:

The Pilates "Hundred" is a foundational core exercise and traditional warm-up move. It involves lying on your back, curling your head and shoulders off the floor, and rapidly pumping your arms up and down. It is named for the 100 total arm pumps.



Pilates Teaser:

The Pilates teaser is an iconic, full-body core exercise that mimics a "V-sit." Starting on your back, you simultaneously lift your legs to a 45-degree angle and roll your torso up to balance on your sit bones, forming a "V" shape. It challenges abdominal strength, spinal mobility, and deep body control.



Pilates Roll Up:

The Pilates roll up is a foundational mat exercise that builds deep core strength and increases spinal flexibility. It involves lying flat on your back, engaging your abdominals, and slowly "peeling" your spine off the floor to sit up, then reversing the movement to roll back down, vertebra by vertebra.



Pilates Bridge:

The Pilates Bridge Exercise is a core-strengthening and stability exercise that targets the muscles of the lower back, glutes, hamstrings, and core. This exercise involves lying on your back with your knees bent and feet flat on the floor, then lifting your hips off the ground to form a straight line from your shoulders to your knees. It is particularly beneficial for improving core strength, enhancing hip mobility, and stabilizing the lower back.



Check out our Group Exercise Schedule and try one of our Pilates classes!