



WHAT IS ESSEINTRICS?

Wouldn't we all like to age backwards? Essentrics exercise has numerous benefits for your body. Energy, pain relief, flexibility, strength, better posture and balance are some of the benefits of Essentrics exercise. Since many people still have not heard of this type of exercise, we would like to explain what Essentrics does for your body.

ESSEINTRICS is a dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. This low impact, equipment free class is perfect for men and women and will leave you feeling energized, youthful and healthy. It can be adapted for any fitness level, from senior citizens coming out of a long sedentary period to athletes. Everyone works at their own level of fitness and over time makes large gains in strength, flexibility, agility, balance, posture and energy.

ESSEINTRICS will:

1) Rebalance your body. This exercise was developed by Miranda Esmonde-White, a retired ballerina from Canada. She has been doing an Essentrics program on PBS since 1999 under the name of Classical Stretch. The exercise program was developed in consultation with Chiropractors and Physical Therapists. This technique rebalances long chains of muscles by movement with relaxation and neuromuscular techniques to work muscles often missed in conventional concentric weight training. This is an extremely well thought out, efficient and scientific approach to exercise.

2) Unlock tight joints. Essentrics technique utilizes pulling up and pulling out from joints in many of their exercises as well as movement within the stretch and rotation within the joint. These techniques work mineral buildup out of joints and serve to decompress joints and relieve pain quickly. Some class participants have felt pain relief from these techniques in the first class! Some have remarked that Essentrics movements are similar to exercises prescribed by their physical therapists. Essentrics will adjust and free up the fascia of your body, relieving soreness and stiffness.



3) Improve your posture. Essentrics is the only exercise technique that works the body in full range of motion specifically designed to improve your posture. Many of the trademark exercises work your full core and utilize open chest swan positions and pulling arms behind your chest. Many people have atrophied back muscles that cannot hold good posture. Essentrics quickly rectifies this problem. Older clients with loss of height from poor posture can actually see a gain in height.

4) Change the shape of your body. Essentrics can give you a dancer's body, due to working through the range of muscles supporting your core and working the muscles of your legs. Many people find that as they get older, stubborn belly fat accumulates around their mid section. After 2 months of these classes, Essentrics instructor Robin found that several inches had been whittled from her waist. Robin commented that she had never been able to achieve those results with any other exercise. Also every session has plies, or side leg lifts or standing leg lifts without momentum that work quickly to reshape, rebalance and thin out your legs.

5) Improve your balance. As people get older, they may notice that their balance starts to deteriorate. Many students of Essentrics have noted noticeable and significant improvements in balance. Some of the Essentrics techniques that work to improve balance include: challenging balance by swinging your legs while standing on one foot, circling your legs in standing leg kicks, or by standing on your toes.

6) Vastly increase your energy! Why can Essentrics achieve this and other exercise routines do not? One reason is that Essentrics routinely works your feet and ankles. Many of us work out our whole bodies, but neglect our hands and feet. Working to stretch and strengthen toes and ankles has the benefit of making you feel much younger from agility. Feet that are stiff and immobile make walking and climbing stairs very tiring and difficult. Working your feet and ankles also relieves plantar fasciitis, shin splints and knee pain. Who knew?

7) Increase your flexibility and overall strength. In Essentrics we never hold a stretch, but always move into and out of the stretch and do movements within the stretch. The agonist/antagonist action of the signature Essentrics exercises, work to strengthen your body quickly while giving you a leaner look.

Essentrics is functional fitness. These classes will make you feel so much more comfortable, strong, agile and younger in your body. It will increase your energy and ability to do aerobic activity and improve posture. You owe it to yourself to try a class!

See your fitness club for class schedule: Bring an exercise mat and water for these one hour classes. Non members can attend these classes for a small fee, so bring your friends. Just come to class and we will get you enrolled. We look forward to having you join us!

ESSEINTRICS®