

KEEP YOUR **BACK** IN **TOP SHAPE** WITH YOGA

Yoga for a Healthy Back

Does your back ache? Then yoga might be the answer.

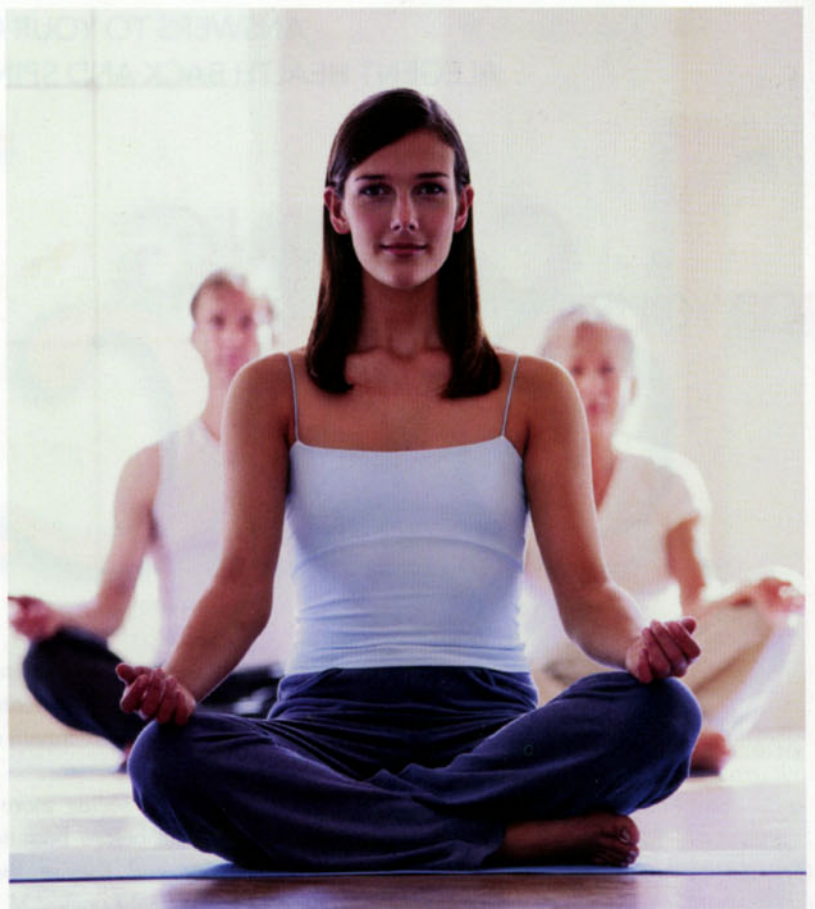
Yoga is known to increase muscle tone, revitalize the mind

and energize the spirit—not to mention relieve aching muscles.

John Macy, instructor at Lakeside Wellness Center, recommends two simple yoga poses to keep your back supple and healthy.

Pose 1: Spinal Rock: (Flexion) This posture is easy to assume and provides extension of the spine as well as an invigorating massage for each vertebrae.

Sit down on the floor. Draw up your knees and bend your head down. Put your hands under your knees. With the spine rounded, gently swing your body back and forth. Pretend you are a rocking chair, imitating its swinging motion.



Pose 2: Bhujangasana (Extension) Turn over on your stomach and place your hands on the floor palms down, directly under your shoulders.

Inhale, and without lifting your navel from the floor, raise your chest and head while arching

your back. Stretch your body comfortably and feel the tension in your back melt away.

Please call 1-800-ALEGENT (1-800-253-4368) if you would like more information or would like to register for yoga classes.

Strong Bones

Strong bones protect women against osteoporosis, a disease in which bone density decreases and bones become brittle and prone to fracture.

"The most important thing you can do to increase bone density is to engage in weight-bearing exercises," says David Potach, a physical therapist and strength and conditioning specialist at Alegent Health Bergan Mercy Physical Therapy in Omaha.

Weight-bearing exercises, such as jogging, walking and soccer, force your bones and muscles to work against gravity.

Resistance exercises use muscular strength to improve muscle mass and strengthen bones. They include weight training with free weights and weight machines. Call 1-800-ALEGENT (1-800-253-4368) for more information regarding osteoporosis.

Virtual Reality Bicycling!

Spinning is a new indoor exercise that's literally "rolling through the country" in health clubs and fitness centers. In a group spinning class, an instructor takes you on an imaginary journey on a stationary bike using a combination of intense interval work and recovery periods.

"People tell me they are afraid to take a spinning class because it is such a rigorous workout," says Lorie Renshaw, an Alegent Health Lakeside Wellness Center fitness instructor. "But if your goal is to improve cardiopulmonary function, spinning offers a fun alternative approach to fitness."

Renshaw says when you work on a treadmill you control the speed and the pace. In a spinning class, you are still in control but your instructor guides you through a workout geared toward pushing you harder than you might push yourself. Call (402) 758-5700 for Alegent Health Lakeside Wellness Center membership information.

