



## What's happening

### Meet the Lucas Team!

Catherine, Kathy, Nyree, Terri, Alice, Cherie, Sally and Mary

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**VINYASA YOGA** on **Sunday** afternoons  
as well as **Tuesday** evenings

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**PRE-NATAL PILATES** on **Saturday** mornings  
complete with new **Spine Supporters!**

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### Top 10 Clients for April 2017

The usual suspects as well as some new names in our top 10 attendees list:

Richard Byron  
Vickie Forsyth  
Cherie Robertson  
Lucy Prasad  
Helen Hepburn  
Liz Kelly  
Yasmin Van De Rhee  
Nicole Kay  
Michelle Jeffrey  
Claudia Bottrill

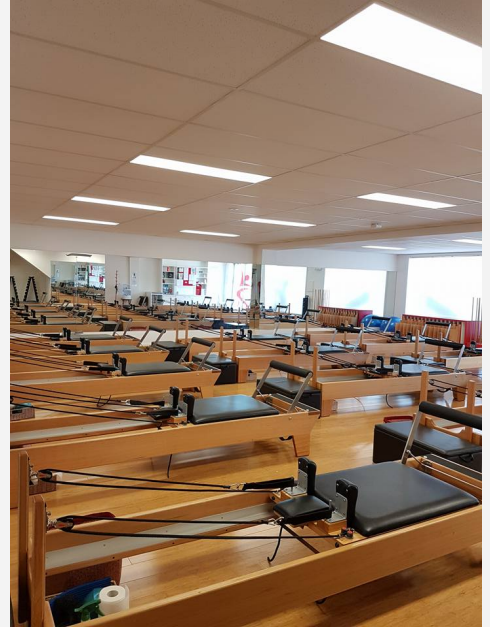
Congratulations to all of you!

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Reformer & Vibe Studios are now wall to wall mirrors - looks fabulous!



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## ***Client of the month - Richard Byon***



*My photo is a testament to the work I have done at Lucas. I would not be able to achieve this dream without the help of Lucas. Many thanks to Catherine and her team.*

**What is your favourite class and why?** *This is a hard choice as each of the classes I do bring their own set of benefits. In terms of fitness and effort a hard Vibe session is difficult to beat but I also love Reformer and the more challenging exercises, although one can be distracted at times by the regular occupants of beds 8 & 9 :).*

**What do you love most about Lucas Studios?** *The range of classes that can be accessed in a modern and ever improving environment is fantastic. It provides excellent flexibility in exercise activities and also allows you to test and improve yourself under expert instruction.*

**How long have you been coming to the Studio?** *I first started with Lucas in August 2015 following prompting from a good friend. Following an initial 3 week introduction and a short break my wife and I have been attending and enjoying numerous classes each week since October 2015.*

**What benefits have you noticed since becoming a member of Lucas Studios?** *There have been many and all positive. My level of fitness and in particular flexibility are close to the best they have been for many years. The combination of classes and the dedication of the instructors have provided me with an overall lift in my feeling of well being and I notice things that had been difficult physically can now be achieved with far less effort.*

**What are your favourite exercises and why?** *I think a good set of Clams is a testing exercise, but you can feel the benefits of that exercise walk uphill and stairs, I like that.*

# Dairy - Do We Don't We

Overwhelmingly we are told YES, so by way of balance, here's an argument for NO - You decide:



The Cancer Council advocates 2.5 serves minimum of low fat dairy daily, yet we know people eating low fat foods have got fatter, AND countries with no/low dairy have lower rates of certain cancers such as Breast Cancer.

Professor Plant, a leading scientist says Breast Cancer is overwhelmingly linked to animal products.

Chinese women had historically rates of Breast Cancer around 1 in 100,000 compared with 1 in 12 in the West. Yet if Chinese women are on Western diets, within a generation Breast Cancer rates rise to 1 in 12.

Prof Plant, battled Breast Cancer 5 times, finally being given months to live. She immediately switched to a dairy-free, Asian-style diet, having already cut down on meat, fish and eggs.

Within weeks the lump in her neck disappeared; within a year, she was in remission, remaining cancer-free for 18 years (it only returned when she returned to eating meat and dairy). Her book *Your Life in Your Hands*, caused a sensation, many cancer patients claiming it helped them recover.

Her message - a diet that excludes dairy can help stop the disease in its tracks by depriving cancer cells of the conditions they need to grow. Dairy contains growth factors that are risky for Breast Cancer, and other hormone-related Cancers, of the Prostate, Testicles and Ovary and perhaps also Colorectal, Throat and Lymphoma.

"Milk is good for calves, but not us" says Prof Plant., you decide if you agree or not.



## Back Do's & Don'ts

### DON'T - Sit

What's our most powerful muscle, that you've probably never heard of? **PSOAS**; the ONLY muscle connecting the upper and lower body, with essential movement functions.

It attaches to the lower spine, moves through the pelvis connecting at the top of the femur. It also attaches to the diaphragm, so it's connected to your breathing, and all your major organs sit on it.

A functional psoas creates a neutral pelvic alignment, stable hips & spine, supporting organs in the abdominal cavity, and gives mobility & core strength. When functioning well it:

- helps you reach peak performance;
- burns body fat that stubbornly clings to your body;
- allows you to train harder and get fit faster;
- gives renewed energy & vigour.

When out of balance there are serious consequences which flow throughout the body. And the sworn enemy of your psoas muscle is **Sitting!**

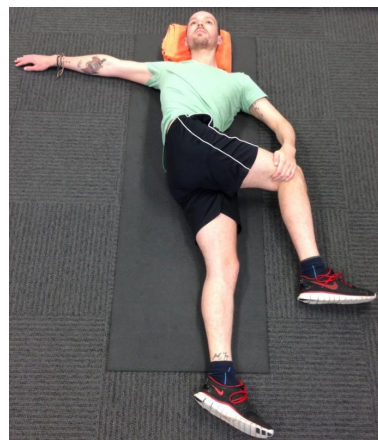
## DO - these Stretches

**MCKENZIE EXTENSIONS:** Lie on your front, place your hands under your shoulders. Relax your lower back and buttocks slowly pushing your upper body backwards, keep your pelvis on the floor and curve the lower back. Try to straighten your arms, slowly breathe out and sag the lower back. Only push up to the tightness not into the pain.

**LUMBAR ROTATIONS:** Lie on your back, bend one knee up and hold it with your opposite hand. Slowly move your leg over to that side until you feel tightness in your lower back. Don't stretch all the way into the pain, only the tightness. You may also feel a good stretch in your gluteal muscles. Every time you breathe out, relax your lower back and let it rotate.

**QUADRATUS LUMBORUM / LUMBAR EXTENSORS:** Starting with your right leg out in front of you, bend your left leg out to the side. Reach forward with your hand and grab your foot, keep your knee bent right up to your ribs to start with. With your right arm, pull your body towards your thigh to feel a slight stretch in the lower back. Push your left knee downwards, rotate your body away so you are now 90° to your right leg, to increase the stretch to the left of your lower back.

Try to increase the stretch by straightening your right leg, but keep your ribs on your thigh. It doesn't matter if you can't get your leg straight, as long as you're getting a stretch in the lower back. Repeat with the other side and do this twice each side, then one more time on your tighter side.





## ***5:2 vs High Protein Low Carb Diet***

**5:2 DIET:** 5 days a week you eat normally, 2 non-consecutive days you restrict calories to 500–600. You can choose which 2 days to fast, with at least 1 non-fasting day in between, e.g. fast on Mondays and Thursdays, eat normally the other days, meaning eat the same amount of food as you normally would.

**WHY IT WORKS:** It's an easily sustainable long term weight loss/management plan with surprising benefits including:

1. Significant drop in insulin, facilitating fat burning;
2. Increase in Human Growth Hormone facilitating fat burning & muscle gain;
3. Increased expression of genes related to longevity & protection against disease.

**HIGH PROTEIN LOW CARB DIET:** This diet is not sustainable long term, and can be dangerous.

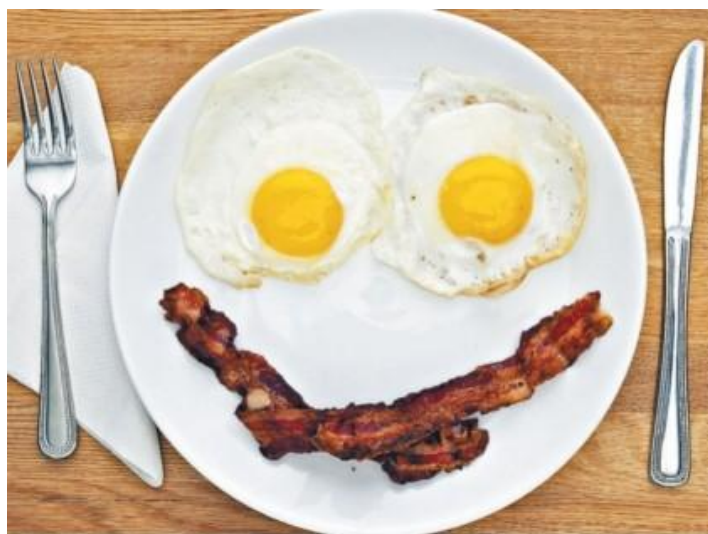
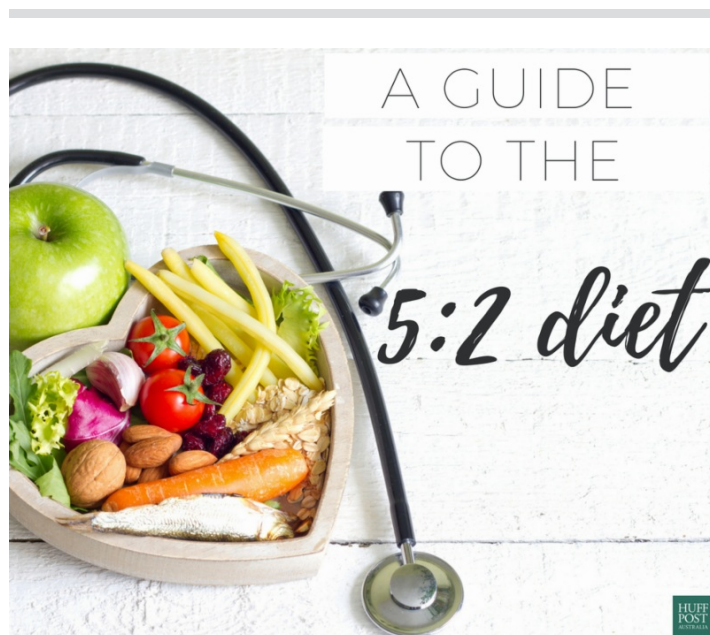
### **WHY IT DOESN'T WORK:**

**Carbs don't make you fat. Eating too much will:** Carbs are not the enemy; big portion sizes are. Carbs are the no.1 energy source for humans. Without them, you'll feel tired & lethargic. The problem is that foods containing carbs are often eaten in large portions - think pasta & pizza.

**High protein diets are high in fat:** And not the good fats found in olive oil, avocados & nuts. It's unhealthy & not conducive to a long & healthy life.

**High protein diets lack fibre:** Fruits, veges, legumes & whole grains are our best sources of fibre, & most contain carbs too. Fibre in your diet prevents many diseases including Obesity, Cancer, Cardiac Disease. Fibre is key to long-term weight loss. You need a minimum of 25g per day but the average fibre intake of a high protein diet is only 10g!

**High protein diets can cause kidney damage:** Kidneys break down protein & produce byproducts that can be harmful when concentrated. High protein diets are strongly



discouraged if you have Diabetes or low Kidney Function.

**High protein diets lack Vitamins & Minerals:**

Supplements cannot be used to replace them. Vitamins & minerals are best absorbed from food, not supplements.

**CONTACT US**

