

THE FITNESS COLLECTIVE ATL

The Monthly Grapevine

SEPTEMBER

CLASS/EVENT ALERTS

- **New Class**

Sculpt & Stretch w/ Bree
Wednesdays @ 6:45pm

- **New Class**

Midday Yoga Reset (30min)
Tuesdays @ 11:30am

- **New Class**

Buti Yoga Express (30min)
Thursdays @ 11:30am

- **FALL EQUINOX w/ Courtney, Breeya, & Rhema**

Sunday 24th @ 9:30am

- **NEW DAY/TIME**

MERGE: Sculpt & Stretch
Mondays @ 11:30am



NATIONAL WOMEN'S HEALTH AND FITNESS DAY

National Women's Health and Fitness Day is celebrated every year on the last Wednesday of September, falling on September 27 this year. It's a special day to promote the importance of health awareness and fitness for all women.

Due to modern developments, women's health has come a long way. There has been widespread awareness and enlightenment, dispelling old wives' tales and myths of the past. Because of the false belief that certain physical exercises, such as weightlifting, would cause women to develop 'masculine' muscles, physical fitness wasn't encouraged among women. Thankfully, this sentiment witnessed a shift.

In the 1930s, women were encouraged to work out at home because sweating in public was considered unseemly. However, a decade later, women took to the gyms. You'll never believe what female gyms were called — reducing salons! They were so-called because, at the time, it was more important to lose weight than to keep fit.

Thanks to movements such as the body positivity movement and the women's health movement, which began in the 1800s, the world of women's health and fitness has taken giant strides towards becoming more accurate and inclusive.

Below are a few tips on how to observe National Women's Health and Fitness Day:

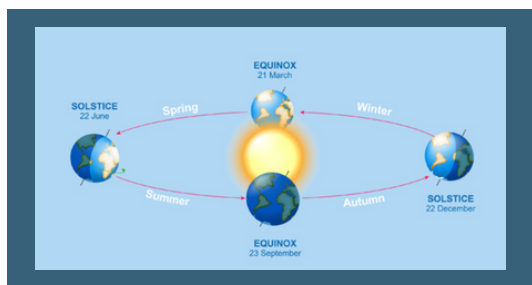
1. Take time to schedule a doctor's appointment and get some tests done. Routine medical checkups shouldn't only be performed after contracting an illness.
2. Attend an event. Every year, awareness programs are held all over the country in a variety of locations, from hospitals to houses of worship.
3. Celebrating health and fitness on one day is great but what would be even better is making a lifelong commitment to live a healthier life — every day.

Make a commitment to join us at the Fitness Collective ATL where we provide a variety of movement methods, wellness consultants and nutritional coaches for your health and wellness needs.

For additional information, follow the link below:

<https://nationaltoday.com/national-womens-health-and-fitness-day/#:~:text=National%20Women's%20Health%20And%20Fitness%20Day%20%E2%80%93%20September%2027%2C%202023,U.S.&text=National%20Women's%20Health%20and%20Fitness%20Day%20is%20celebrated%20every%20year,and%20fitness%20for%20all%20women.>

AUTUMNAL EQUINOX THE FIRST DAY OF FALL



The fall equinox arrives on Saturday, September 23, 2023, at 02:50 A.M. EDT in the Northern Hemisphere. The equinox occurs at the same moment worldwide.

The autumnal equinox is an astronomical event that marks the start of autumn (or "fall").

During an equinox, the Sun crosses what we call the "celestial equator"—an imaginary extension of Earth's equator line into space. The equinox occurs precisely when the Sun's center passes through this line.

The word "equinox" comes from Latin *aequus*, meaning "equal," and *nox*, "night." On the equinox, day and night are roughly equal in length.

Curiously, the full Moon that occurs nearest to the autumnal equinox is always called the "Harvest Moon!" Why is that? Surprise, surprise: it has to do with farming! Around the fall equinox, the full Moon rises around sunset for several nights in a row, which traditionally provided farmers with just enough extra light for them to finish their harvests before the killing frosts of fall set in.

The autumnal equinox is a time of harvest. Make a list of everything you are thankful for as a way of reaping your inner harvest. Better yet, start a gratitude journal—gratitude brings abundance. If you don't know where to begin, start with the food you have to eat and the roof over your head.

For additional information see the link below:

<https://www.almanac.com/content/first-day-fall-autumnal-equinox>

THE FITNESS COLLECTIVE ATL STUDIO



If you are looking for a great place to host your next small event or meeting, look no further!

Ask us about rates to rent our beautiful SOFU space!

JUST Not Valentine's Day 2023

Every month participate to show love to yourself or someone else all year long! Stop by the front desk for your copy and keep up with the festivities. Tag us and share with friends!

Do something to make YOU happy...



JANUARY 7
Write what you love about yourself



FEBRUARY
Take a bikini or underwear selfie



MARCH 13
Record (or try) yoga class & reflect



APRIL 14
Send a loving message



MAY 15
Do something pleasurable



JUNE 16
Take a bubble bath & journal



JULY 17
Have a spa day (at home or out)



AUGUST 18
Plant a flower or herb



SEPTEMBER 19
Do or give a facial



OCTOBER 10
Self eye gaze for 3 mins & reflect



NOVEMBER 11
Add (or increase) weight to at least one workout



DECEMBER 12
Make a vision board for 2024 + journal

HAVE YOU BEEN THINKING ABOUT WORKING 1-ON-1 OR IN A SMALL GROUP OF FAMILY OR CLOSE FRIENDS (UP TO 5 PEOPLE) WITH ONE OF OUR MOTIVATORS?!



We've got the solution for you!

Private Yoga, Yoga Therapy, Personal Training and Nutritional Guidance is available with Tiffany, Stephanie, Sherita, Judi and Shy! Ask us about rates or check out the APPOINTMENTS tab in your Wellness Living Dashboard or Achieve App.

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