

THE FITNESS COLLECTIVE ATL

The Monthly Grapevine

APRIL

CLASS/EVENT ALERTS

- **New Class**

Yoga Nidra w/ Jamila
Wednesdays @ 6:45pm (45mins)

- **New Class**

Seva (Beg) Yoga w/ Sharnea
Mondays (15, 22, 29) @ 6:00am
Sundays (14, 28) @ 9:00am

- **New Class**

Gentle Yoga w/ Jamila
Saturdays @ 4:30pm

- **SPRING BREAK (1st-7th)**

With some of our instructors
out of town, classes may be
cancelled or subbed. Keep an
eye on the calendar!

HEAL'D FEMINITY FRIDAYS

4-week Series

Every Friday - Grab your heels and
get ready to move w/ us!



National Exercise Day!

April 18th, National Exercise Day, is the perfect time to put away that smart phone or computer, get off the couch and get moving! If the weather is fine on this spring day, it would be a great time to take a quick walk or go for a jog. And if it's still a little cold outside, do some of the many inside movement methods offered at the Fitness Collective! With lots of options based on preference, it's easy to get involved with National Exercise Day!

First celebrated fairly recently, National Exercise Day got its start in 2020 when it was founded by Dr. Jeuse Bernard Saint-Fleur who wanted to raise awareness about the fact that exercise can actually save lives. This day is meant to encourage everyone around the nation, and even around the world, to participate in physical activity and exercise. And not only on this day but all throughout the year.

Moving the body is a vital part of not only physical health but it also impacts the emotional and mental health as well. Exercise works together with the body to promote a longer, happier life for anyone who does it on a regular basis. According to the Mayo Clinic, a good standard for exercise is for an adult to get around 150 minutes of aerobic exercise per week, which comes to around 20 minutes per day, or 30 minutes for 5 days with two rest days in between.

But those who don't exercise regularly shouldn't let that overwhelm them! Even getting outside for a ten minute brisk walk a couple of times a week can help combat the health problems that can come from a completely sedentary lifestyle, reducing the risk of heart disease and stroke. No matter the age or physical ability, every human can benefit from even a little bit of exercise.

National Exercise Day is here to act as a reminder to get out there and create a new habit of physical activity for the sake of a healthy life!

For additional information, review the following link:
<https://www.daysoftheyear.com/days/national-exercise-day/>

Sunday April 7th is...



Girl, Me too Day!

Even when women are different from one another, with diverse backgrounds and experiences, they can also find similar struggles and empathize with one another. Girl, Me Too Day is here to increase the mutual understanding and support given to and received by women from all walks of life, with the hope of building a better future.

The roots of this day can be followed back to the founding of the Girl, Me Too Movement, which was established in 2016 by Symonia Montgomery. The movement was founded to promote the healing, empowerment, and education of women while encouraging healthy relationships.

The purpose behind the Girl, Me Too Day is to recognize the strength and endurance of women of all ages, showing support and coming alongside each other through thick and thin. In addition, Girl, Me Too Day brings hopes that it will make an impact on all women throughout neighborhoods, cities, nations and the world, when shopkeepers, sisters, friends and even strangers take a step toward connection and care by lifting each other up and encouraging one another in a show of solidarity – not only today but as a habit every day.

Have some fun and make the world a better place by celebrating Girl, Me Too Day with some of these ideas:

- Invite your friends to exercise with you at the Fitness Collective.
- Watch a movie that shows women working in cooperation with one another such as Hidden Figures or The Sisterhood of the Traveling Pants.
- Host a fund-raising event that will support a local women's shelter or other non-profit organizations.

What ever you and your girl friends decide to do, have fun!

For additional information, follow the link below:

<https://www.daysoftheyear.com/days/girl-me-too-day/>

HAVE YOU EXPERIENCED THE NEW INFRARED SAUNA?



In an effort to provide the community with exceptional healing, fitness and motivational tools, the Fitness Collective has installed an Infrared Sauna! There are so many health and wellness benefits to using the Sauna. We've listed a few of the benefits below that we think may be beneficial to you:

- **Detox and Clean**-By sweating out impurities and heavy metals, your immune system is free to focus on more important bacteria and viruses.
- **Muscle Recovery**-By improving your recovery, you will be able to limit fatigue and not feel sore and tired the next day after exercising.
- **Boost Metabolism**-As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood, and burning calories.
- **Improve Skin**-Infrared saunas not only improve the appearance of but help to reduce acne.
- **Enhanced Mood**-endorphins are endogenous opioids that are part of the body's natural painkiller system.
- **Heart Health**-Core body temperature slowly rises, stimulating blood vessel dilation throughout the body. The result is an increase in blood flow, heart rate, and cardiac output.

So check it out after your next exercise class!

THE FITNESS COLLECTIVE ATL STUDIO



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

Ask us about rates to rent our beautiful space!