

Keeping fit

By Caroline Harris



Pole dancing is a great way to tone your body

Yes, pole dancing is fun and it helps get you fit at any age or fitness level! Pole dancing fitness has been featured on Oprah and is growing in popularity. It isn't just for exotic dancers anymore, now everyone can reap the rewards from the amazing fitness benefits of pole dancing. Pole dancing can tone your body by using muscles you may not have called into action in a very long time, notably improve your flexibility and it will improve your confidence at the same time.

At first pole dancing is very challenging and you may even get a few scraps and bruises from learning the technique, but in no time you will be comfortable changing directions, spinning and impacting every muscle in your body. After all, no one ever died of a few small scratches but they have of heart disease!

You can learn exciting conditioning poses, exercises, climbs and spins ranging from beginner to advanced. Moves such as a simple back arch to crescent moon, showgirl, fireman, fairy, venus in the sky and many more. For those who are interested but would rather try it without an audience watching you can find a personal trainer who offers private pole dancing lessons with a structured workout designed for your own personal fitness level and goals in mind.

The longer you keep moving, the longer you elevate your heart rate and increase your blood flow which in turn releases toxins from your body, euphoric hormones and endorphins to make you feel happy and relaxed.

Pole dancing will build your upper body because many of the moves involve supporting your weight with your arms. Climbing the pole is very challenging yet very rewarding at the same time! It also develops your core and over a short time you will notice a change in your thighs, and buttocks too!

With the change of season upon us many folks choose to stay indoors at this time of year. Pole is an excellent opportunity to try something find yourself feeling much more alive and good idea to change your exercise routine results. If you feel like you are too unco- can tell you I have been there, and after a few classes you will feel elegant and graceful in no time.

Judith Kirkness, an Acton mother of three and fitness competitor, says she finds pole dance fitness "a great complement to other strength training activities". Being physically active is good for your mental and physical health. It is a

great way to maintain a healthy weight, reduce high blood pressure, lower cholesterol levels, manage your stress and cut your risk of heart disease and stroke. Be sure to attain your doctors approval and then connect with a personal trainer who can help introduce pole dancing into your life while helping you reach your health and fitness goals.

I am not exaggerating when I tell you that this is the most fun full-body workout I have ever experienced and I train in many ways to keep from being bored with my exercise routines. Pole dancing classes have unique step-by-step choreography that is easy to follow and I have become addicted to a good thing. So, be a fearless female, let go of your personal inhibitions, and be taught at your own pace in a comfortable and safe environment where feel welcomed.

Every bus drivers, nesses women, providers, can discover form of self-expression and their body and sexuality in general tion, endurance and confidence

day women, including moms, school teachers, real estate agents, busi- police officers and health care themselves through this unique develop a greater sense of and find their strength, defini- explode in no time.

Think of how super fun and wild a pole dancing stagette or birthday party would be! Or how about a private group party any day of the week?

Whether you want to shed inches, loose those last ten stubborn pounds or just get out with the girls in your high heels or bare feet and try something new and entertaining give pole dancing a go!

Learn some new moves that can certainly help in the romance department and end the stressful week in a great way!

—Caroline Harris is a personal trainer, nutrition and wellness specialist and run and triathlon coach. She can be reached at www.pathwaytowellness.ca, www.carolinesharesjuiceplus.com or 905-873-0745.



Caroline Harris (top) displays a pole dancing move while Acton mom Judith Kirkness tries her hand at some poses. Photos by Ted Brown

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