

THE EXERSCIENCE CENTER

SCIENTIFIC, EVIDENCED-BASED PROGRAMMING WITH PROVEN RESULTS

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Cory Lakes
CDD/HOA
10441 Cory Lake Drive
Tampa, FL 33647

Dear HOA/CDD:

Proposal for Cory Lake Isles Community/Gym: Group Fitness Classes

We propose that the Cory Lake Isles offer to community residents Group Fitness classes that would strive to enhance the health, quality of life, and productivity of the community by offering a variety of fitness classes aiding in creating a culture of wellness—that is, an environment conducive to a healthy style of life. This document is intended to introduce myself and provide an outline of what such Group Fitness classes might look like, what its objectives and emphases should be, and what elements (such as fees) will be most important to its approval.

A little more about myself: I have been a Heritage Isles Resident for 10 years now. In the beginning I was providing Free Family Fitness Boot camp on the basketball court. This was a great opportunity for the children and neighbors to get to know each other outside of their video games and computers. An hour of fun and fitness was very successful and I've even seen children become more respectful and patient because I not only teach fitness, but to respect and motivate each other. There is No negativity allowed in my fitness classes. When the summer came we suspended the Boot camp because of the heat. I am a 4th year Doctorate student studying Physical Therapy, a National Academy of Sports Medicine Certified Personal Trainer and Fitness Nutrition Specialist. I am a mother, a wife, animal lover, motivator, and friend and life long learner. The past two years I have been teaching fitness in the surrounding communities and parks: Live Oaks, Heritage Isles, Felicitous, and Branchton Park. I hope to bring the community together through Health and Wellness programs. I was the Founder and President of the Health and Wellness Club at Nova Southeastern University. When entering school I quickly noticed a need for some Group Fitness and Wellness seminars so the students and faculty could not only embody what they teach, but to bring everyone together in this day of technology while increasing productivity by gaining energy and balance through physical activity. I have never seen a negative impact by providing fitness, and more so, resulting in a positive contagious reaction, improving lives and increasing the value of the facility.

Health and Wellness Group Class Offerings: (See Appendix)

- Fitness Classes that promote spiritual well-being;
 - Beginner Yoga (Sample A)
 - Senior Stretch (Sample B)
 - Family Fitness Boot Camp (Sample C)
 - SAQ Training (Sample D)
 - (Community request)
 - Mommy Me
 - Chair Yoga
 - Meet Your Trainer-Free for Community
 - Yoga Nidra
- Posture assessments;
- Fitness assessments;
- Individualized plans for maintaining and improving health and fitness;
- A Educational Seminars on topics such as:
 - Exercise and physical fitness,
 - Healthy eating and nutrition;
 - Stress management;
 - Modifiable Behaviors to reduce Risk Factors that cause disease.
 - Much more (put in a request)

Financial Proposals A and B

Proposal A: CDD pays instructor \$75/hour for group classes and educational seminars-closed to residents

Proposal B: CDD pays instructor \$25/hour for group classes and educational seminars-open to public:

Public Guests pay \$10/class to the instructor with a 80/20 split.

As a NASM Certified Personal Trainer and Fitness Nutrition Specialist, YogaFIT Certified Yoga Instructor and Physical Therapist- I hold my own liability insurance. With my educational background I believe prevention is key and resident's safety is of upmost importance. All participants be required to fill put a PARQ- Pre Activity Readiness Questionnaire as designed my the American College of Sports Medicine to identify any risk factor and need for medical clearance as well as sign a liability waiver. I can provide a sample upon request. May 2018 I will have completed my Doctorate of Physical Therapy education and look forward to continue my group fitness and personal training business.

Sincerely,

Lauren Leiva

Appendix

Sample A: Yoga Lesson Plan One Physical theme: hip-opening poses¹

Practice principle: patience

Opening (5 minutes)

Begin with a pose that will serve as a check-in. You will return to this yoga pose later when you invite students to notice changes in the pose after a patient practice of hip-opening. The pose should be gentle enough to be practiced without much preparation. Suggested yoga poses include a standing forward bend with hands on a block for support, reclining pigeon pose (ankle-to-opposite-knee hip stretch) or a reclining one-leg hamstring stretch using a strap.

Guide students to only go as far as they comfortably can in the chosen pose. Let them know that sensation is information. They are collecting information about where they are in the present moment. As students relax in the yoga pose, you can introduce some basic anatomy information about the hips that will encourage the theme of patience. Explain that the hips have many layers of muscles, and that as one layer relaxes (for example, the gluteus maximus), students may become aware of sensation in a deeper muscle (for example, the piriformis). Encourage them to be curious about how sensation shifts in a pose.

Warm-Up (10-15 minutes)

Continue the practice with a dynamic warm-up. This might include cat/cow on all fours, moving between downward facing dog and child's pose, or sun salutations. Encourage students to feel the movement of the pelvis in these warm-ups. Invite them to imagine, through sensation, how different muscles connect to the pelvis. For example, in each forward bending movement, guide students to notice how the forward tilt of the pelvis gently pulls the hamstring muscles at the back of the hips.

Standing Yoga Poses (15-20 minutes)

Choose standing yoga poses that use the hip muscles for strength and steadiness. These poses will create heat in the hips and prepare students for deep opening. Chair pose and lunge poses, including the warrior poses, are good poses to start with. Build up to standing balancing poses (such as tree pose) that use the deep rotator muscles of the hips to anchor the balance. To bring the theme of patience to this part of the class, stay in the poses a little bit longer than students are used to. Encourage them to find a way to be both steady and comfortable in each pose. Ask "What would you do differently in this pose if you had no idea whether we would be here for five more breaths or 500 more breaths? What can you do to relax unnecessary struggle in the pose, while still honoring its integrity?"

Deep Release (15-20 minutes)

After a sufficiently challenging standing sequence, students will be eager to explore yoga poses that require less effort and that are more grounded. For this final part of class, choose a sequence that will stretch muscles all the way around the hip. Seated forward bends, including head to knee pose, can emphasize the hamstrings and lower back. Crossed-legged poses, including cow face pose and spinal twists, provide greater access to the abductors and external rotators of the hip. Seated side bends allow students to feel how the muscles of the side trunk and low back connect to the pelvis. Low lunges and reclining hero pose open the hip flexors. Bound angle and wide angle forward bend open the groin and adductors. Pigeon pose might be a good apex pose, as it requires openness in many of these areas.

Once you've made instructions for entering and modifying the poses clear, give students a bit of silence to simply be in the pose. It typically takes students five breaths to shift their focus from listening and trying to understand the pose, to actually *experiencing* the pose. After five breaths, ask students to notice what they feel, and then give them the space to observe sensation. Let students know that the sensation of stretch should dissolve rather than intensify.

Closing (5 minutes)

Bring students back to the same check-in pose from the opening of class. Ask them to notice how the pose feels now. Ask if certain landmarks (such as how far they can reach in the pose) have changed. Students who have practiced with sensitivity and patience throughout class may observe that the internal experience of the pose $\frac{3}{4}$ the sensation of stretch $\frac{3}{4}$ has stayed relatively the same, while the external shape of the pose has deepened dramatically. Others may notice that the essential shape of the pose is the same, but it is a much more comfortable place to be. Both observations demonstrate the take-home message of the practice: when we practice with patient persistence, transformation occurs.

Sample B: Senior Stretch²

First Part of Class: Upper Body-Improving the upper back, arm and neck mobility with these excellent stretching routines.

1. Shoulder And Upper Back Stretch

- a. Increases the shoulder and scapular range of motion.
- b. Stretches the chest and shoulder.
- c. Will make it easier to reach to that high shelf in the kitchen.

2. Shoulder Rolls

- a. Improve the range of motion in the shoulder and upper back region.
- b. Will assist in keeping the rib muscles flexible.
- c. Help in activities like reaching up to a high shelf or across the table at dinner.

3. Neck Side Stretch

- a. Improve the range of motion in the neck and upper back.
- b. Helps with those everyday movements you need to do like looking under the bed for that other shoe!

4. Neck Rotation

- a. Improve the range of motion in our neck.
- b. Help stretch the upper back and scapular muscles.

5. Shoulder Circles

- a. Improve the range of motion of the shoulders and upper back.
- b. Helps increase flexibility in the chest and lungs.

6. Shoulder Stretch

- a. Helps stretch the shoulder, scapula and supporting muscles and joints.
- b. Improves the reaching ability especially across the body.

7. Chest Stretch

- a. Stretches the chest and shoulders.
- b. Improves posture and lung functioning.

8. Overhead Reach

- a. Increase the range of motion in the shoulder and upper back.
- b. Help improve the ability to reach, as in getting a pan out of the cabinet or ice cream out of the freezer.

9. Reach Back

- a. Improve the ability to reach behind as in reaching back to hold on to an armrest before sitting down.
- b. Increase the range of motion of the shoulders and stretches the chest muscles.

10. Triceps Stretch

- a. Stretches the shoulder and tricep.
- b. Improves the mobility of the upper arm and shoulder.

11. Hand Stretch

- a. Increase the flexibility and range of motion of the hand and fingers.
- b. Warms up the hand to prepare for the activity of the day.

12. Arm Raises

- a. Improves the range of motion of the shoulders.
- b. Strengthens the arm for activities that require overhead reach like up to a shelf or pulling the light cord in the basement.

Part 2: Lower Body Stretches: Increase the lower body, hip , knee and ankle mobility with these essential leg stretches.

1. Seated Lifts

- a. Improve the range of motion in your hips and legs.
- b. Help stabilize your low back and pelvis

2. Standing Quadriceps Stretch

- a. Will improve your hip and knee range of motion with these.
- b. Can improve your standing posture by allowing you to stand up straighter.

3. Back Stretch

- a. Improves the range of motion in your spine and trunk.
- b. Increases your ability to bend and reach low or high.

4. Inner Thigh Stretch

- a. Improve your hip and thigh range of motion with exercises.
- b. Increase your functional ability in standing, walking and stepping.

5. Calf Stretch

- a. Targets the flexibility of your calf muscle and heel cord. .
- b. Increases your ability to straighten your knee

6. Hip Side Stretch

- a. This is a good stretch for the side hip area.
- b. Improve the range of motion of our hips.
- c. These also can help with balance.

7. Hip Rotation Stretch

- a. Increase the range of motion of your hips.
- b. Improve the functional use of your legs as in getting out of a car or stepping over the side of your bath tub.

8. Soleus Stretch

- a. Increases the flexibility of the deep calf muscle.
- b. Generally improves your lower body flexibility and functional use of your legs.

9. Ankle Circles

- a. Improve the range of motion of the ankle and foot.
- b. Can help with ankle swelling

10. Hamstring Stretch

- a. Increases your ability to lean forward and reach your feet.
- b. Improves the flexibility of your low back and legs.

11. Knee To Chest

- a. Stretches your knee and hip joints.
- b. Improves low back flexibility.

12. Ankle Stretch

- a. Helps maintain good ankle flexibility which will assist with walking and standing.
- b. Also helps with knee and hip stiffness.

Sample C: Family Fitness

Depending on who shows (more juvenile or older adult) the class will be specifically tailored to the population. There would be 10 stations, 4 minutes/station with 1 min break/station. These activities will alternate specifically for client need and will focus on strength, endurance, flexibility and power.

- Warm Up
- Station 1: High Knees
- Station 2: Push Ups Plus
- Station 3: Squats w/ barbells
- Station 4: Bicep/Tricep Resistance Bands

- Station 5: Jumping Jacks
- Station 6: Burpees
- Station 7: Planks
- Station 8: Sit Ups
- Station 9: Traps/Deltoids-Resistance Bands
- Station 10: High Knees
- Cool Down

Sample D: SAQ Drills- every client can benefit from improved agility and quickness, whether they are a grandmother chasing after her young grandchildren, an obstacle-course enthusiast, or an aspiring triathlete.

Warm Up: Foam rolling to loosen up any tight muscles and introduce some movements that will be used in class

High Knees, Side Skips, Butt Kicks

Speed: Sprints, T Drill

Agility: Ladder and Hurdles

Quickness: Ball drills, Mirroring Drills

Cool Down: Stretching, Foam Rolling