

## You and Pressure: The optimal performance pas de deux!

By Chantale Lussier-Ley, PhD (c)

[Excerpt] **Pressure as a PHYSICAL gauge**

**The first thing to do is breathe: Deeply, generously, allowing your body to recalibrate itself.** Try to let the breath be as rich and full as possible, yet as smooth and natural, letting it flow unobstructed in and out of your body, clearing your inner landscape from mental and physical tension. Try it now... Good! You are now recognizing that the feeling of pressure is a gauge to your mind and body's experience of this moment. Feeling your heart rate accelerate? Feeling your body respond to its environment? Experiencing your thoughts racing? Once we acknowledge pressure as the symbolic "weather patterns" of our mind and body, we are once again empowered to respond and self regulate with care.



## Take Along Snacks for Performance

by Stacey Nickol, BSc HNS RD

[Excerpt] Make snacks work for you by choosing nutrient dense foods from the four food groups - vegetables and fruits, grain products, milk and alternatives and meat and alternatives. Snacks can boost your energy between meals and supply essential vitamins and minerals.

## PILATES and the power of BREATH

By Monique Lavoie, AISTD, STOTT PILATES® LEAD INSTRUCTOR TRAINER

[Excerpt] **Why do we need to breathe?**

**All cells in your body require oxygen. Without it, they can't move, build, reproduce and turn food into energy.** You get oxygen from breathing in air, which your blood then circulates to all parts of your body. Like fuel for your car, proper breathing ensures that enough oxygen flows to fuel muscle action.

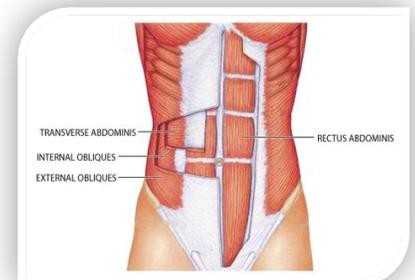
## Breathing in Dance

Dance is a discipline that requires a great deal of strength and stamina while making movement seem effortless. The dancer's face must be relaxed and the body tension free even though the dancer needs to maintain body control through a stable core. Improper breathing is often an obstacle to achieving a strong performance.

**Translating the Anatomy:** Let's clarify the muscles of the abdomen (your Abs).

by Jacqui Davidson, ADCSC-CICB, B.A.

[Excerpt] The 'Abs' **are multi directional in nature**, when used effectively and efficiently they provide a 'girdle' of support for the lower back in all activities. Of course, each layer of the abdominals is also in charge of specific actions of the spine...



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