

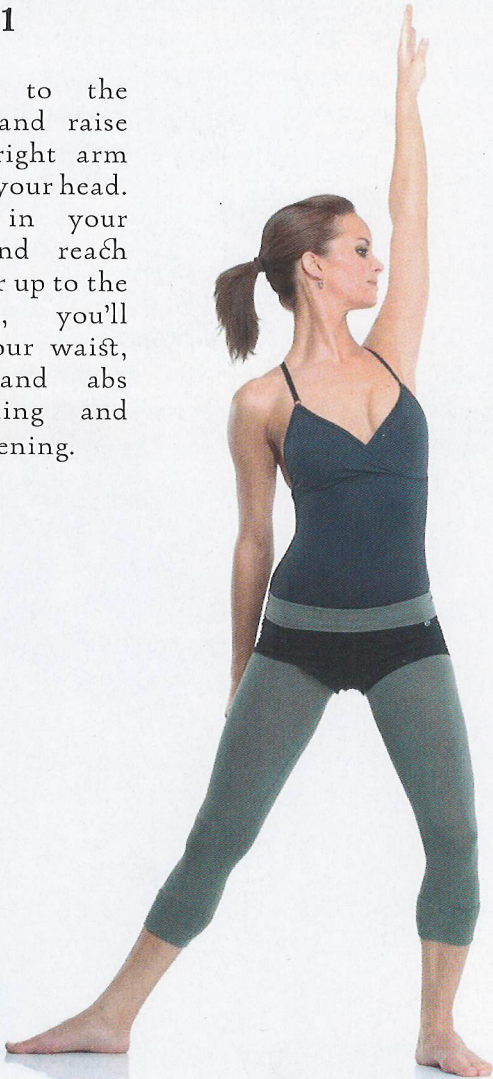
# Esse ntrics

By: Sahara Esmonde-White

## Waist Toning Sequence

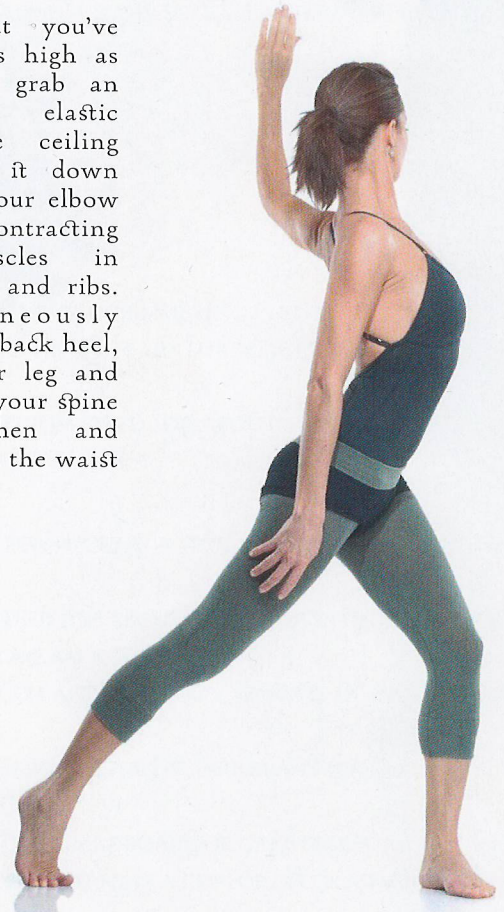
### Step 1

Lunge to the right and raise your right arm above your head. Suck in your abs and reach further up to the ceiling, you'll feel your waist, ribs and abs stretching and lengthening.



### Step 2

Now that you've reached as high as you can, grab an imaginary elastic from the ceiling and pull it down bending your elbow and contracting the muscles in your arm and ribs. Simultaneously raise your back heel, pivot your leg and rotate on your spine to lengthen and strengthen the waist muscles.



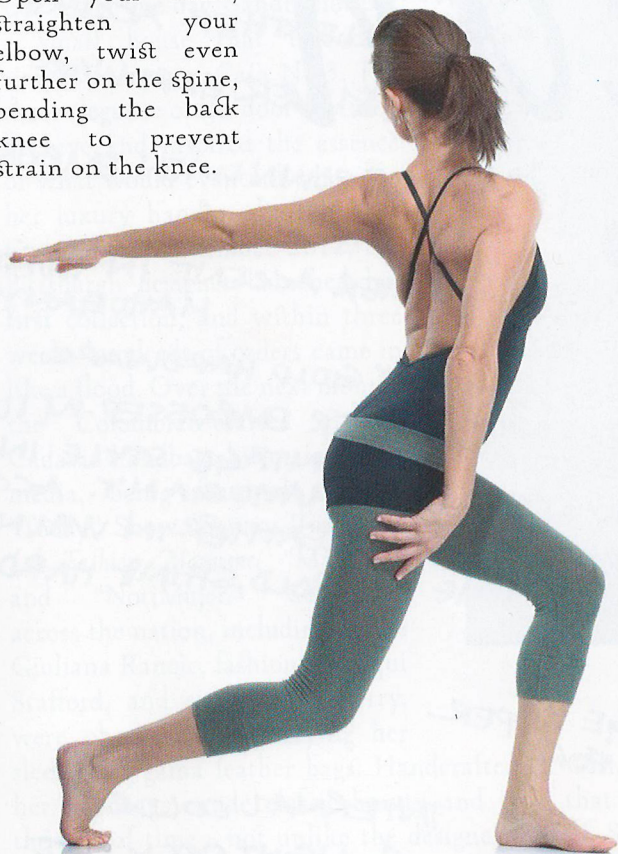
Return from position three to position one and repeat 2 more times. Change sides.



Fourteen years ago when "Classical Stretch" launched on PBS, we began to discover that, in exercise, less can actually give more. Though not scientific, our discovery was based on testimonials from thousands of participants over the years that followed our short TV workouts. The time requirement for television programming dictates that only 23.5 minutes of content are set aside for a 30-minute show, and the remaining 6.5 minutes are reserved for advertising. Our usual 60-minute class format was therefore condensed into a much shorter TV version. While we had seen great body changing results stem from our regular hour-long classes, we were concerned that 23 minutes wouldn't be long enough. We were wrong.

### Step 3

Open your hand, straighten your elbow, twist even further on the spine, bending the back knee to prevent strain on the knee.



\*Note: Always keep your knees aligned knee-tibia-ankle. You never want to cause torsion on the knees. Your foot should move freely to follow the placement of your knee and all positions should feel comfortable on the knees.

When we began to receive stories from viewers about their weight loss, pain relief and body shape changes, we were both surprised and inspired by the fact that very little time commitment and moderate effort led to the same changes we would expect to see from a one-hour workout. Given the fact that people have less and less time for fitness, this was an exciting discovery!

As a society, we've been led to believe that the only way to experience weight-loss is through high doses of exercise combined with intense calorie reduction. One of the first people to challenge this concept was Bob Greene, Oprah's trainer. In his book *The Cardio Free Diet*, his observations from years in the industry showed him that those who did more intense cardio exercise did not experience the weight loss expected, given their effort and perceived calories burned. One of the reasons being that the sheer effort of working so hard increased the appetite. In addition, working out more intensely seemed to create a belief that participants had burned more calories than they actually had, and therefore they tended to think they could eat more. Recently, a study from the University of Copenhagen in Denmark found results similar to Greene's observations, and focused on the effects of exercise intensity and frequency on weight loss.

The men in the study were asked not to change their diets and then were divided into 3 groups: a control group that didn't change their regular routine, a second group that did 30 minutes of moderate exercise per day with the goal of burning 300 calories, and a third group that did daily intense exercise with the goal of burning 600 calories. After 13 weeks the final results were surprising. The group that did only moderate exercise lost the most weight on average (7 pounds) versus the group that did intense exercise (5 pounds). Analysis of the participants' food diaries showed that the group doing intense exercise ate more and did less "extra activity," while the moderate exercisers didn't change their food intake and seemed more energized by their short workouts, sparking them to be more active in their daily life.

Our experience over the last 14 years supports the results of the recent Danish study; with very little time and moderate effort you can completely change the way you look and feel. Less intense exercise not only gives you additional energy, but it doesn't provoke increased appetite. Less intense exercise, in our view, also means fewer injuries for those whose bodies are not capable of harder workouts; no injuries means you can continue to exercise on a more consistent basis. What we've discovered is that the body doesn't want to be attacked with force; it wants to be treated with grace, and when treated this way, it responds with the same grace. Exercises that respect the natural limitation of the body, movements that engage every muscle, and a balance of flexibility and strength are all the body craves to be fit and healthy. The body does not require hours of work to see results. Research and experience are showing that as little as 25 minutes a day can bring you a healthier fitter body! ♦

Cocreated by Sahra Esmonde-White, ESSETRICS™ combines stretching and strengthening to tone lean long muscles, while increasing flexibility and reducing and eliminating aches and pains. For more info, [essentrics.com](http://essentrics.com)