

Summer 2002

Fit Bits

A Publication of Body Design to Promote Health & Well Being (949) 722-3555

BODY DESIGN
The Womens' Athletic, Rehabilitation and Pilates Center of Newport Beach

Pilates for Golf

Exercise to Enhance Golf Performance

Every sport creates liabilities that must be rebalanced in the structure of the body. The Pilates



Method is a system to do just that - rebalance the body. It consists of controlled movements engaging the body and mind. The exercises are performed on specifically designed equipment. Pilates focuses on improving flexibility, stability and strength for the entire body while increasing muscle definition.

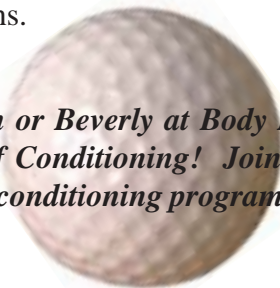
The Pilates for Golf program will improve your golf game by helping to eliminate both swing faults and lower back pain commonly associated with the golf swing.

Bio-Mechanics of The Golf Swing

The golf swing is a one-sided movement creating muscle imbalances. These imbalances cause disruption in the normal sequence of muscle firing patterns leading to poor biomechanics. This, in turn, limits the power of the golf swing.

Almost all swing faults have a component of poor learned patterns. The only way to break a pattern is to create a new pattern. The Pilates for golf program is designed to re-educate the body by breaking these poor patterns.

Contact Amber, Erin or Beverly at Body Design for the latest in Golf Conditioning! Join in the first Pilates for Golf conditioning program in Orange County!



Hormone Replacement Therapy Seminar

Featuring Anne Kent, M.D.

Board Certified OB/GYN

Date: Wednesday, July 31, 2002

Time: 7:00 - 9:00 PM

Location: Body Design

Light refreshments will be served. Seating is limited. Please call Body Design by Monday, July 29, 2002 to reserve your place.

Also featuring Steven Feldman
Compounding Pharmacist

Owner California Pharmacy
and Compounding Center

Seminar Topics:

- * Bio-Identical Hormones
- * Studies relating hormone usage and Coronary Heart Disease & Breast Cancer
- * What does HRT mean to you?
- * What does insurance cover and how to work in partnership with your physician.

How Will Pilates Improve My Golf Game?

Pilates will improve the physical performance factors needed for golf.

- * POSTURE
- * BALANCE
- * MOBILITY/DYNAMIC FLEXIBILITY
- * STABILITY
- * FUNCTIONAL STRENGTH
- * COORDINATION
- * ENDURANCE

Pilates For Golf -Training Rates

Private	1 Hour	\$75
Private	1.5 Hours	\$110
Private	10 Sessions	\$700
Semi	1 Hour	\$55

BODY DESIGN

The Womens' Athletic, Rehabilitation and Pilates Center of Newport Beach

100 Newport Center Drive
Newport Beach, CA 92660
949-722-3555

FREE SEMINAR!!!
"HORMONE REPLACEMENT"
*Get help with this
important health care decision*
JULY 31, 2002
7:00 -9:00 pm



Newletter by Collins Design

Referral Contest!!!

Receive a SPA DAY on Body Design. The client with the most referrals between August 1, 2002 to September 30, 2002 will receive a FREE Body Scrub and Massage. In addition, for each referral made you can choose either a FREE Facial, Massage or Session. Thank you for your continued support of Body Design!!! *You make our gym a great place to get fit.*

Tortellinin with Pimento Pepper Dip

from the kitchen of Carol Goldstein

- 1-11/2 lbs. tortellini
- 2 T. olive oil
- 3 T. chopped fresh basil
- Salt

Cook tortellini per package directions. Run under cold water and drain well. Place in bowl and toss with oil and basil. Salt to taste.

Pimento Dip

- 1 clove garlic peeled
- 2 - 4 oz. jars pimento
- 1 - 4 oz. boursin cheese
- 1 t. balsamic vinegar



In food processor, mince garlic. Add pimento and puree. Add cheese, vinegar and salt to taste and process until smooth. About 1 minute. Refrigerate until chilled. Chill dip and tortellini overnight in separate containers for best results. Place tortellini on toothpicks and arrange on platter around bowl of dip. Enjoy.

CUSTOM SPA PACKAGES

RELAXING ONE-HOUR MASSAGE	\$75. ⁰⁰
ONE AND ONE-HALF HOUR MASSAGE	\$105. ⁰⁰
ONE-HOUR FACIAL	\$ 75. ⁰⁰
DELUXE FACIAL	\$ 105. ⁰⁰
ONE-HOUR BODY SCRUB WITH MASSAGE	\$ 75. ⁰⁰
ONE-HOUR AROMATHERAPY BODY WRAP	\$ 75. ⁰⁰
SUPER DELUXE SPA DAY: ONE-HOUR MASSAGE WITH RELAXING FACIAL	\$135. ⁰⁰

Body Design accepts all major credit cards.
We can mail your gift certificate to you.

Call (949) 722-3555 to place your order.