

Body Resolution, LLC

Fall 2021



FIRST NEWSLETTER

New Location: 2185 W Magee Rd Suite 127

Welcome to the first quarterly newsletter by Body Resolution. Some of you have already been to the new facility, some of you have not. So, here is the latest.

We were finding it difficult prior to the pandemic to service all of our clients due to space constraints. So, the search for a new location started. The new location needed to be built and furnished. From December 2020 to May 2021, construction, interior design, etc. occurred. On May 3, 2021, we were able to open our doors to all! The space exudes excitement with its energetic colors, high ceilings, and lots of equipment.

If you believe that pain is just part of aging, you should come in to see us. We'll teach you exercises to decrease your pain, improve your performance (e.g. golf, pickleball, tennis, biking, hiking, walking, etc.), and live a more energetic life. We'll teach you to stay strong!

Fitness classes, Golf Fitness classes, Strength and Metabolic classes are offered throughout the week. We continue to also offer one-on-one sessions and kinesiotaping. We'll be teaching various special themed classes in the coming months.

If you are interested in restarting, referring a friend, becoming a new client, or touring our new facility, please contact us at: (520) 989-1919 or bodyresolutionaz@gmail.com.

Looking Forward to Seeing You In Person!

Debbi Omizo Banis, MA, CSCS, CKTP, TPI-F2, TPI-P2

Allie Bogart, PTA, CAFS, CKTP



Welcome Allie Bogart, PTA, CAFS, CKTP

A Critical Eye

Welcome Allie Bogart to Body Resolution. Allie has worked as a Physical Therapist Assistant for 9 years. She filled in for vacations and now has a position with us. She is currently teaching classes and works with clients one-on-one. She is very experienced and understands the philosophies of Body Resolution. Exercising safely and effectively to continue to improve function throughout your lifetime.

She also has a certification in Applied Functional Science from the Gray Institute which incorporates functional movements, moving with purpose. You can contact Allie at:

bodyresolutionaz@gmail.com

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WEIGHT LIFTING SHRINKS FAT CELLS

How does it do it?

We have considered weight training as body building. People with bigger muscles who pump iron at the gym, look at themselves in the mirror, and just want to look good. Have you considered that weight training actually has many benefits? A recent [study](#) indicates that weight training may actually shrink fat cells (doi:10.1096/fj.202100242R). A recent study at the University of Kentucky at Lexington and the University of Nebraska at Lincoln has studied the effects of weight training in mice and humans. The study found that the muscles release microRNA (different than messengerRNA) known as MiR-1. The MiR-1 was deposited into the neighboring fat cells and allowed the fat cells to shrink and the muscles to grow. It caused a breakdown of the fat cells into fatty acids to be used as fuel.

We've been taught to lose weight, we need to do aerobic exercise such as riding a bike, running, walking, etc. It helps to improve the quality of our sleep, our mood, our heart rate, our blood pressure, etc. However, when we perform aerobic exercise, our body becomes more efficient at the task and the way to continue losing weight would be to increase the intensity or duration. Instead, with weight training, we increase the size and strength of our muscles, which creates a higher metabolism and boosts our resting metabolic rate (we burn more calories at rest). With this study, our fat burning starts almost immediately after a workout and for a minimum of 24 hours after.

We incorporate weight training into all of our programs and continually change the program. Whether it is using our own body weight, tubes, bands, dumbbells, kettlebells, TRX, TRX Monkey Bars, Rip Trainers, battle ropes, balance beam, foam rollers, ball throwing wall (for power), physioballs, etc. Come and find out what we're all about.

Special Offer:

Visit <https://body-resolution.com/>

If you click on the new client link, you'll receive a discount on an assessment and a package of classes. You can also sign up for a birthday discount.

WALKING ISSUES

Why am I having knee pain?

You've heard that walking is good for you. Why do my knees hurt while I'm walking or after I'm finished walking? Shouldn't my muscles keep me from knee pain? When we are healthy, young, active adults, the lower body power is evenly distributed across three joints. The hip joint, the knee joint and the ankle joint (33% at each joint). In the elderly person, walking at the same speed, problems with the Achilles tendon causes a change. Approximately 74% of the power in from the hip, 13% from the knee and 12% from the ankle. So, walking becomes slower, less efficient and your posture changes. It doesn't mean that you should stop walking. Instead, note if you have tight hip flexors, quads, hamstrings, calves, or feet. Or, notice if you have weakened quads, hamstrings, glutes, calves, feet or core. You'll need to figure out where your weak link is, and then strengthen it. If it is a mobility issue, you'll need to increase your mobility. You could be wearing shoes that are too flat and flexible. A [study](#) for older walkers indicated that more stable and supportive shoes were better for osteoarthritis in the knees. There are other studies that indicate otherwise. From experience, it depends on your feet. Some people need more stability, some people need more mobility. Those of you who have been in the studio, you realize that it varies from person to person. Depending on numerous factors: tight calves, tight feet, weak quads, tight hamstrings, etc. If you're not sure, come in or meet with us via Zoom and we will guide you to figure out your weak link. Every "body" behaves differently, and you need a personalized approach, aimed at your body.

[BODY RESOLUTION, LLC](#)

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CLIENT SPOTLIGHT

Pat Sturmon



Pat resides in Oro Valley, AZ with her husband, Dan, and plays golf two to three times a week. She volunteers with Preserve Vistoso, a nonprofit trying to save more than 200 acres of Sonoran desert in Oro Valley as a nature preserve.

One of our first clients at Body Resolution

One of the inspirations for taking the next step for my fitness business came from one of our first clients, Pat Sturmon. We first met her in physical therapy after back surgeries and a knee replacement. Pat retired to Oro Valley from a Chicago suburb. Pat was one of the empowered women leaders in the telecommunications industry. Now that she is retired, she has time to volunteer in the community. She is on the board of [Preserve Vistoso](#), which is a non-profit (501c3) that is working with The Conservation Fund and the Town of Oro Valley to save the former Vistoso Golf Course as a nature preserve. Pat attends the Fitness Classes and Golf Fitness Classes. If you see her, tell her thank you for all she does and for helping to create the dream of Body Resolution.

THE NEW FACILITY

How it started.....

Our early morning group on the first day. Shelly E, Debbi, Betsy G (via Zoom), Judy S, Rich S, and Rob S.



With the pandemic continuing, I started to look for a facility that could accommodate clients regarding space and safety. I found this site about a year ago. Thanks to [Lisa Benzing](#), our commercial realtor, we were able to complete our transaction before the end of 2020.

Construction began in December 2020, but as many of you know, during the pandemic, crews were calling out sick and the supply chain was delayed. We needed to modify here and there to keep the projected timeline. We had to map out the entire studio prior to construction. With the help of [Vince Catalano](#), our architect, we designed the building with a very open floor plan, including offices. The interior was designed by Betty Brady, who helped me design the studio to feel energetic and inviting.

In the Spring of 2021, Jim and I drove to the site daily and on weekends to complete the tedious jobs that we could complete instead of the contractors. We installed the cabinets, pony wall, etc. If you would like to see a progression of the building, email me. We completed our job and were able to open with a ribbon cutting ceremony (Thank you LaDonnah Dutton).



Golf Fitness Performance Class at Omni Tucson National

November 6, 2021, Glen Griffith, PGA Pro, and Debbi Omizo Banis will be conducting a Golf Fitness Performance Class at Omni Tucson National. We'll be addressing the TPI assessment and how it may cause swing faults. If you're interested in learning more, contact me at: debbifitness@gmail.com

CLASSES OFFERED

Taught by Allie or Debbi



All classes are designed to help you improve a dysfunctional body and to restore the natural movement of the body. Special modifications are given due to past injuries, current injuries, and other ailments. The modifications are designed to overcome those problems.

Strength and Metabolic Classes

Mon, Tues, Thurs, Fri 5:30 am or 10:00 am
Strength class to increase resting metabolic rate
Metabolic class to burn calories quickly, to elevate heart rate, and to increase stamina.
Helps burn calories fast and throughout the day.

Fitness Class

Mon, Fri 7:30 am Wed 9:00 am
Fitness class to combine strength, metabolic, and balance to enhance performance in the entire body.

Golf Fitness Class

Mon, Fri 9:00 am, Mon 3:15 pm, Tues 12 pm, Wed 2:30 pm
Golf fitness class to meet the high physical demands of golf in both mobility and stability. To increase power, increase consistency, and improve your body to handle the demands of golf and other rotary sports (e.g. pickleball, tennis, etc).

Specialized Care

For Those Who Need One-on-One



Sometimes, working out in a group doesn't work for you. Allie and I have times to work with clients who need a one-on-one visit. If you would like to work out with your spouse/friend, we make custom programs for two. If you have recovered from an injury, but haven't been able to return to your sport or activity that you love, we can help you. If you have a spouse or family member who has an ache or pain that continues to recur or have already been to a physical therapist, massage therapist, chiropractor, or pain clinic, we may be able to help. If you are searching for the reason your back hurts when swinging a golf club, we can help you. We perform a complete assessment and look at many patterns of movement to determine the best course of action. My favorite quote is: "The site of the pain is not the source of the problem." If you're looking to improve your body movement, contact us.

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