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Improving Brain Health for Children with Autism and ADHD



A new report from **ParticipAction** says children with autism, ADHD, and other brain-based conditions stand the most to gain from boosting physical activity

A team of pediatric neuroscientists, clinicians, and practitioners have found regular physical activity can help improve cognition, brain function, and mental health.

Lead researcher **Dr. Mark Tremblay** says kids with brain-based disabilities stand the most to gain, as exercise is shown to alleviate depression, anxiety, and sleep disorders.

Overall, Canadian children are not moving enough, with **only 35% of kids ages 5-17 get the exercise they need**. This can make children less attentive and moody, both in and out of the classroom.

Our screen-obsessed culture is partly to blame, but so too is the prioritization of academics and limited access to programs. According to Dr. Tremblay, the additional challenges that atypical children face suggests the net gain provided by regular exercise may be greater, and recommends group activities or creative dance-type programs to combat social isolation.

Mistakes you're Probably Making in Yoga Class...



Yoga participation is on the rise, and for good reason: it's an ideal way to stretch, increases self-esteem, improves cardiovascular health, and can ease low back pain. It's perfect for all ages and skill levels.

Hitting the mat can feel great, and avoiding these mistakes can make your practice even better:

Refusing to Use Props

Yoga blocks, straps, and wheels are meant to enhance practice, but are often mistakenly seen as a sign of weakness. They are not just for "beginners" and don't mean you're failing- they allow you to tailor whatever pose being performed to your body and should be incorporated at all levels

Using a Low Quality Mat

Yoga mats that move, bunch up, or slip can be distracting and even dangerous. A good quality mat will feel comfortable and will support you.

Holding Your Breath

Breathing helps you gauge how intense or far you can move into a pose- if you hold your breath, there is no feedback to your body when you do too much. Pay attention to your breathing, ideally taking 5 counts both in and out with a slight pause between.

Skipping Savasana

"Corpse pose" is arguably the most important asana in any yoga experience. Our world is hectic and our lives are chaotic- what we need most is deep rest. This pose relaxes and calms the body, reduces blood pressure, and increases energy levels, so be sure to stay!

Adult Tennis Lessons



Join **Kristi Kleinsmith** on the courts for some fun this summer! Classes are designed for all fitness and tennis levels.

Lessons cost \$50 per 4 week session, and run **Wednesday** nights from **7-8 pm** in Bright's Grove

Please register by email
info@sarniainmotion.ca
or call (519) 542-6060

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Cucumber, Avocado & Strawberry Salsa



This fresh snack by **Ali Maffucci** is great to bring to a potluck or barbeque. It's fun to eat, full of healthy vitamins, and the best part is the ingredients don't have to be perfectly diced!

Ingredients

- 1 large seedless cucumber
- 1 ½ cups chopped fresh strawberries
- 1 medium avocado, diced
- 1 tablespoon chopped fresh cilantro
- 1 small jalapeno, seeded and finely chopped
- 1/3 cup diced onion
- 1 teaspoon honey
- 1 medium lime, juiced
- Salt & Pepper to taste

Directions

1. Slice the cucumber in half lengthwise and cut into half-moons (alternatively, you can use a spiralizer to make "noodles"), then pat dry with a paper towel to absorb excess moisture
2. In a large bowl combine the cucumber, strawberries, avocado, cilantro, jalapeno, and onion
3. Whisk together the honey and lime juice, and season with salt and pepper
4. Pour the dressing over cucumber mixture and toss to combine
5. Serve with chips or crackers, or try it as a fresh topping on burgers!

<https://blog.myfitnesspal.com/cucumber-avocado-and-strawberry-salsa/>



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