



Video Tips

by Nia founders Debbie Rosas & Carlos Rosas Managing Stress

If you don't have the time to go into a gym or an exercise class, choosing the at-home way to stay in shape through the use of exercise videos is a great alternative that will allow you to maintain your fitness and improve your health on your own time and in your own home. Workout videos are one of the most popular forms of exercise. Workout tapes are more than entertainment. They can be motivational, educational and fun! Finding the best tape for you is important. You'll probably use your video tape almost everyday to achieve specific, visible and non-visible results. So, you want to get the tape and/or tapes that will match your specific needs.

Buying an exercise video can be frustrating when you don't know what is on the tape before you buy it. You only get the information the manufacturer chose to print on the outside-and they want to SELL tapes. The information is not always an accurate description of what is inside. In most areas, only a narrow range of fitness titles are available from video outlets and many are not available for rent or review. Never the less, if you take the time to do a little research, you can build up a very nice library of fitness tapes that can keep you motivated, gaining fitness throughout the years. Follow these simple steps from Debbie & Carlos Rosas, and begin to increase the life, productivity, enjoyment and positive effects you get from your exercise videos.

1. Own more than one style of exercise videos. For your body-mind, adding variety is motivating, interesting and effective in creating changes. Movement variety feeds your body-mind-spirit through different movements, offering various speeds and approaches to a fitness program. Variety is a simple way to begin a cross training program that will help you to achieve on going changes. With variety, your body will remain alert and attentive never anticipating what is coming from day to day. You'll have the opportunity to focus on new material sharpening your awareness and movement skills. By offering yourself something new from time to time, you will discover more possibilities, choices and ways to stay in shape. You'll never get bored!
2. Vary your workout from day to day. Now that you have more than one video to work with, create a daily program by varying the workout styles and kinds of movements you do. You may choose to use our NIA, Non-Impact Aerobics video tape one day, a tai-chi tape on another, a stretching tape the next, a weight workout the next. Once you begin to add different ways of moving and toning into your program, you're bound to discover what really turns you on.

It is this passionate emotional connection to what you are involved in that will easily keep you coming back for more. You'll never again have to talk yourself into working out because your choices will be many. Remember, the idea is to move your body to create change and fitness. So, to increase heart health, lose some weight and feel better about living, create a program where you perform an aerobic activity at least three to four times a week, adding various kinds of movement on the other days. Remember-on days you don't feel energized to aerobically workout-trust yourself. Choose another kind of exercise that day. Listening to your body and working with it is the safest way to ensure that you'll stick to a program.

3. Choose a fitness focus or element of intention. It is proven that the mere intention "to do" energetically helps us be in the present moment, it helps us to efficiently utilize our physical

and mental energy, stay focused and consciously direct our attention towards what we are doing. When you use an exercise video tape, take a moment to choose an element or body part to focus on. For example; On one day you may choose to focus on the precision of your arm motions, the next day you may decide to work on using your breath for abdominal strength and support. On another day you may decide to focus on feeling for fluidity and connectedness between your movements. This kind of mental focus will help you to increase your overall body-mind-spirit awareness and is one of the most effective ways to enhance physical change. Once you have a focus, your conscious attention to what you are doing will expedite your learning process and improve your overall skill level.

4. Vary the way you use your video from day to day. Learning through movement can come to you in various ways. Some people learn easily through their auditory senses, while others are definitely visual learners. By utilizing the audio and visual information available to you in exercise videos, you will have the opportunity to discover how you learn and also improve your ability to utilize other senses. As you develop cognitive skills through the audio information and experiential skills through the doing of the video exercises, you'll expand your ability to receive information. You will expedite the process of becoming fully alive as you use all of the senses available to you.
5. Utilize the left and right sides of your brain. Visualization and images are a wonderful way to stimulate the imagination which is developed by using the right side of your brain. Words are also excellent in stimulating the left side of the brain, your cognitive side. To increase your ability to image, use the right side of your brain by visualizing yourself doing the exercises without physically doing it, awakening your kinesthetic or imaginary body. By using the left (doing) and right (imaging) sides of your brain information will flow into your body improving your analytical and imaginative sensory awareness.
6. Discover your natural way of moving. We all have a very natural way of moving. We have a distinctive way of walking that is ours. We communicate what we are feeling through our gestures which come from a place deep within each of us, not from a place of thought but rather from a place more intimate-from the feeling being. By using video tapes you can discover your own body language in movement. This information can help you to change parts of your body, mind and emotional self. Because there is no one watching you, you can use this opportunity to move and observe yourself. Feel for the way you do it. Discover what parts move easily, what parts don't move at all. Once you have gathered your information, begin to focus on those parts of yourself you want to change. Your intention on changing a body part is enough to get things going in the right direction. By observing yourself, keeping your fascination and inspirational levels up and your frustration and intimidation levels low, you have everything to gain. Discover how to adapt movements to fit you.
7. Find a philosophy that works for you. For many, working out is something they "have to do", they don't embrace their activity with joy. Video tapes introduce you to a variety of people, methods, energies, voices, body types, faces and fitness philosophies. Finding the workouts that provide you with a fitness philosophy you can embrace, will help you be consistent and successful with your program. We believe that if you are emotionally attached to your activity, your chances of seeing changes are greatly enhanced. In all of our fitness products we convey the message that no-pain all gain is the way to change; that fitness starts with self love and that when we respect our body on all levels, it continues to grow and feed us in healthy ways. You are body-mind-spirit and all three will respond to movement that is loving, safe and enjoyable.

Imaginative Steps For Success

A. Watch & Imagine...Watch your entire video tape through one time or more if necessary, and imagine you are doing the exercises. Look for any moves that may not be right for you so that you can later anticipate their arrival and make adjustments. You can then modify the move or leave it out. Notice where you might want to slow down.

B. Begin with the Legs...The first time through, go slowly, do only what you can and focus on the leg motions, your foundation. Let your upper body move in a natural way that helps you maintain balance and a relaxed torso so you can breathe.

C. Next, the Arms...The knowledge you've gained about your legs will allow you to work your upper body efficiently. Again, do only what you can. This will vary from day to day. You NEVER have to do the whole workout. Listen to your body. Add your own cool down and stretch out if you stop your workout early.

D. Feeeeeeeeel...Increase the intensity and the duration of your workout over a period of time. The best way to find out if your doing too much is by feeling your body. If you are overly sore, back off. If your energy is depleted, do less. If you feel anxious and irritable, do less. If you feel like doing more, do it.

E. Vary the Focus...Daily, choose a different body part to focus on, such as your feet, hands, shoulders, or a different element of fitness such as speed, balance, breath or energy. You'll increase the longevity of your video because you'll maintain interest and motivation. The possibilities are endless.

How To Choose & Get The Most Out Of Your Exercise Video

1. What should you look for in choosing an exercise video tape?

Cost, length, type of workout, motivation, philosophy, long term use, educational aspects and enjoyment.

2. Are video tapes the best instructional way to workout at home?

Other than personal training it is the easiest.

3. Why would someone want to buy an exercise video when you can go to a class and get hands on help and instruction?

You can choose the time that fits your schedule, with children it can be helpful. It can cost less, especially if you get two friends to come over and workout with you. You have the privacy of learning on your own in your own way and on your own time.

4. What are the pluses and the minuses of working out to an exercise video tape?

PLUS: You can do it at home, on your own time, you can vary the length and intensity, you can start and stop the video to properly learn how to do the movements, you can choose the

kind of workout and the intensity, there is no competition, it can be meditative, it can prepare you to go into a class.

MINUS: You could injure yourself if you don't listen to your body. You could get bored if you don't change the kind of workout you do. You could be performing exercises incorrectly over a long period of time. You could get disinterested and quit if you're not self-motivated. Costs are approximately \$30 per tape and you need a VCR. Most tapes are limited in what they teach you and how much you can grow with them.

5. How can a person maintain motivation and continue to get benefits while using the same exercise tape over and over again?

Workout with a few friends. Have at least three different tapes and rotate them. Find music you can do the video to and turn the volume off from the TV utilizing the new music to motivate your motion. Change your focus on a daily basis to direct your attention and energy to that part of your body and/or workout. Use tapes that are fun to workout to. Be willing to get rid of the tapes that were a bad choice. Give them away and replace them with ones you love. Develop a library of tapes-eventually having 15 different ones to use.

6. How can one minimize physical risks when working out alone, at home, without the aid of a teacher?

Watch the video through first without doing. Start by learning the leg motions and work at a beginning level to properly input the motions into the muscle memory. Add the arms after you feel your foundation-the legs are secure. Add speed and intensity slowly over a period of time. Vary your intensity from day to day. Adjust all movements so that you can do them in a balanced and pain-free way. If you feel exhausted after or even the day after-slow down and do less. Do only 15 minutes of the tape and increase the length of time over a month until you can do the whole tape. Stop if your body wants to. Listen to your inner messages that your body will send you.

7. How can you utilize an exercise video over a period of months to improve performance and alignment?

Vary your speed and intensity. Your agility and posture in each movement should improve if you give yourself permission to stop, slow down, repeat and correctly implement the information into your cell memory. Find a focus so that each workout you can direct your attention to a specific body part or concept such as using breath to create the motion. Gather information from fitness books and use that information to get more from your video workout. Use a personal trainer to help you go over your tape and make the adjustments that are necessary for your body. Monthly, check your alignment, posture, flexibility and strength to see if it has changed. If not- maybe this tape is not the best for you. Try another.