



When you feel good about yourself, you'll eat better. When you eat better, you'll feel good about yourself.

— Margaret Marshall

This is the **brutal truth**.

It's also the unfortunate flip-side to the awful, perpetuating cycle of an unhealthy lifestyle.

When was the last time you saw an unhappy, and physically unhealthy person leaving the gym? It's not the dude double-fisting chocolate cupcakes who just hit a PR on the treadmill.

The second we start working out, we start to care. We start to see changes – we don't want to lose that hard work.

Think about someone you really respect – you would do anything for them. They show strength, kindness, dependency... how could you ever do them wrong? *That's relationship you start to have with your body.*

We don't always make sense, but this is the way we function.

Exercise is an evolving process that brings enjoyment as we grow and continually strive for more. Not because we aren't satisfied with what we've accomplished, but because we start to believe we truly are capable of so much more. Hey, maybe we even discovered a slight sense of purpose beyond the daily rout of life?

Start working out. Start eating better. Start pushing your limits. Start respecting yourself and all your potential.

Start being *happy*.

If you're in the Santa Clara, CA area and want to try our COR Workouts, we have 2 AMAZING Groupon deals, check them out or send them to a freind!

- [4 Weeks of Boot Camp - \\$39](#)
- [4 Weeks of Yoga - \\$39](#)

What do you want to know? Questions you want answered? We want to hear it!

This Monday's

Mobility: *Thoracic Spine*



Grow inches in minutes!

Most of our day is spent hunched in front of a computer, our necks forced down at our phones, and by the time we do get moving most of us are practicing poor posture. No wonder we have back pain!

Your [thoracic spine](#) runs from the base of the neck to the bottom of your ribs. In between, you have a lot of important "stuff" to protect (heart, lungs, nerves, etc.). If your thoracic spine is stiff, the low back and neck get beat up.

Just a few minutes loosening up that area can minimize shoulder pain, breathing difficulties, lack of overhead movement, and stress.

Menu: *Acai*



Superfood Highlight

Say it with me - *ah - sigh - ee*

Now we're talking! Don't let the name scare you. This fruit is claimed to be one of the [most powerful](#) antioxidant in the world!

Superman Acai (antioxidants) is our body's hero! He fights off the bad guys (free radicals). These thieves steal electrons from our healthy cells, but Mr. Acai comes in and fights them off by giving an extra electron to the bad guys. No more pestering this body!

Our body loves happy, electron filled cells - keeps us young! No wonder this dark, purple fruit is so beautiful.

This superhero is all heart - offering cardio-protective benefits

More: *LOL*



No joke!

LOL!

I mean it...laugh out loud....right now! Do it!!!

Did you know our body can't tell the difference between forced laughter and real laughter?

Laughter is linked to reduced pain and improved immune system response. And I'm sure you don't need me to tell you that it decreases your mental stress and strengthens social bonds.

There are people out there that study LOLing...that's their job – *gelotogists*. Sounds fun right?

These laughter scientists are going as far to say that laughing

2 ways...

Directions: [Foam Roll method](#)

1. Grab a foam roll
2. Bend your knees and place the foam roll parallel to your spine (keep your head and tailbone on the foam roll)
3. Place your arms on the ground for support and roll back and forth in a relaxing, controlled manner

Directions: [Tennis Ball method](#)

1. Grab a tennis ball (or baseball)
2. Lie on your side and place the ball under your back on the transverse processes (approximately two centimeters lateral of the spinous processes) ...right next to the muscles along your spine
3. Give yourself a bear hug, grabbing your shoulder blades, then roll on and off the tennis ball ten times
4. One should be able to roll on five to six places on each side of your thoracic spine

and warding off bad (LDL) [cholesterol](#). Despite all his glory, Acai will not fight off your weight. Marketing scams take it to the extreme with the benefits of this fruit. Eating all sorts of fruits and veggies is still the best way to loose weight!

[Acai Bowl:](#)

Acai comes as a frozen puree and can be found in the freezer section of most groceries stores. You can also buy acai puree and experiment blending it with frozen fruits, such as bananas and berries, to reach your desired texture.

Blend until smooth -

1 packet of frozen acai
handful of frozen berries
1 cup milk (or juice)

Scoop into a bowl, then top it off with sliced banana, granola, and drizzled honey

is just as good as exercise!

Laughter's been shown to increase the diameter of our blood vessels, a similar improvement in blood flow that we get from exercise. I wouldn't go as far to advising you to swap some giggles for the gym, but there is no reason not to start including this too!

Laughter Yoga is the new Happy Hour. Every Monday, Wednesday, Friday from 3:30-4:30pm COR will be offering a class. Give it a try, I think you will surprised by the power of a room full of laughing people.

Not convinced? Maybe this [TED Talk](#) will help.

What's new?

A LOT!

Next **Sunday** (August 6th) at **7am** we're having a **COR hike at Rancho San Antonio** - grab your friends, family and some water and take on the trails!

And we're live! Groupon for our [Yoga](#) and [Boot Camp](#) - more great deals, share with everyone,

Our first **Laughter Yoga** workshop was such hit we've decided to start *offering classes* - M, W, F 3:30-4:30 pm



COR Schedule

Kids Program (last week)

M-Th

11:30am - 3:30pm

High School Strength Training

Tu/Thu/F/Sat

9:30 - 10:30 am

Boot Camp

M-F

5:30 - 6:30 am

8:30 - 9:30 am

6:30 - 7:30 pm

Sat

6:00 - 7:00 am

Yoga

M/W/F

9:30 - 10:30 am

12:30 - 1:30 pm

6:00 - 7:00 pm

Tu

10:30 - 11:30 am

12:30 - 1:30 pm

6:00 - 7:00 pm

Thu

9:30 - 10:30 am

12:30 - 1:30 pm



Tips and Tricks

1. [Sweat, Sun and Fun pt. 2](#)
2. [Sweat, Sun and Fun pt. 1](#)
3. [The One Ingredient Solution to the Top 10 Swimmer Problems Coconut Oil!](#)
4. [5 Reasons you Should have Swim Meet Massages](#)
5. [9 Tips for Fostering Young Athletes](#)

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