



ALLIANCE

Fitness ~ Wellness

15445 METCALF OVERLAND PARK

Healthblast March 2019

Exercise Spotlight



Visit Canada!

[15 Canadian places that are magical in Springtime](#)



Walking

If you have worked out with me, you know my favorite form of exercise is walking. Not the arc trainer, elliptical, bike, and especially not the conveyor belt (treadmill). I make a point every morning, seven days a week, to get up early with the sunrise and get the body moving. Having a couple of furry friends, no cars or other people up yet help make the early hours that much more enjoyable. Plus there is always time for a nap later!

Don't get me wrong, the cardio machines I mention above are great tools in their own right to integrate into indoor workouts, but their guided motions do little to improve human propulsion, posture, and the coordinated neurological effort of navigating terrain.

Resistance Training at least three times per week is also imperative to improve the components of walking through maintenance and improvement in skeletal muscle, connective tissue resiliency, bone density, a precise firing nervous system, and fluid movement. All works together to create an awesome functioning body that ages gracefully!

Check out these two great articles on walking by Mark Sisson: [HERE](#) and [HERE](#)

Spring has Sprung! It's time to get off the couch from binge-watching Netflix, move your body, and burn off that Winter fluff. This Healthblast is dedicated to arming you with some Exercise tips, eliminate myths, and setting some achievable goals in and out of the gym. That said, and if you have been in our facility lately, you will notice we have far more than just exercise going on. Building and maintaining a healthy body is more than exercise, it is a Lifestyle. We are in the Lifestyle business and our facility has blossomed with some great services and practitioners we would like you to explore. The promotion we are offering at the bottom of this Newsletter seeks to get you to try a couple of new ones on us.

Optimal Health is truly under your control with diet and exercise but remember to sleep well, walk a lot, get some sunshine, and plan some travel to clear the clutter. A healthy body has a healthy mind.

-Leavitt

Workout Mistakes & Remedies

1. Too High of Intensity Every Workout: CrossFit, Peloton, Orange Theory, Bootcamps

Reason: Progression is almost always ignored, unqualified coaches, inflammatory promoting, injury.

Remedy: Mix up your workout week: 1-2 high intensity, 1 medium, 2 moderate.

2. Lifting too Heavy

Reason: More is not better, compensation, poor form, you get hurt.

Remedy: Hire a fitness Professional to set realistic goals and appropriate loads.

3. Long-duration machine-based Cardio

Reason: Guided motion, body acclimates, boring, no challenge.

Remedy: If using a machine, pike the pace with intensity, hills, speed, walk and hike.

4. Lifting too Light

Reason: There's a time for high rep for sure, but if you complete 15 or 20 reps easily on every single exercise, it's not resistance anymore, time to crank it up!

Remedy: Shoot for a load you can handle and feel fatigue at 8-15 reps

5. Poor exercise selection aka: high risk ~ low benefit, old-school: dips, upright rows, etc.

Reason: No results, you're going to get hurt sooner or later.

Remedy: Hire a resistance training specialist.

6. No Rest

Reason: Too many workouts in a row, day after day *without* resting the skeleton, or giving time to repair is inflammatory and a cortisol factory.

Remedy: Go for a walk, hydrate, lay horizontal during the day, meditate, and nap.

Quick Nutrition Tips

- Skip Breakfast and Fast a few hours
- Nutrition series upload: The previous 4 Healthblasts had articles on Ketosis, Intermittent Fasting, Time Restricted Eating and Autophagy and can be found [HERE](#)
- Read These Books:
 - Primal Blueprint -Mark Sisson
 - Primal Body, Primal Mind -Nora T. Gedgudas
 - Good Calories, Bad Calories - Gary Taubes
- Don't jump on the latest diet craze bandwagon; currently the Ketogenic Diet. You're not going to stick with it and will be back to square one. Learn what foods fuel the human body and punt all the others.

On the Road or Vacation Workouts

1. Pack a rubber resistance tube and jump rope
2. Don't forget your workout clothes
3. Use the stairs in the fire escape
4. Stay out of the hotel gym and get outside to explore!
5. Find out where the local grocery store is.
6. Pack some healthy snacks
7. Get us to put an in-room workout together for you
8. Look for local parks

BIG PROMOTION !

TRY TWO OF OUR OTHER SERVICES ON US !

In a coordinated effort with all of our Practitioners here at The Alliance of Overland Park, we are offering a limited time promotion to make you aware and experience other services that we offer

Choose two of the following services listed below.



Personal Training

Our team develops customized, comprehensive and well-structured exercise processes based on human mechanics. They are safe, efficient, and effective while emphasizing sound nutritional principles to yield results. Forget other personal training programs you have tried in the past and put our experience and education to work and achieve the body you want. Enjoy 3 sessions

Contact: Bill Leavitt bill@fitnessallianceop.com 816.918.7557



Physical Therapy

A full service, direct access Clinic also offering dry-needling, K-tape, and sports medicine diagnosis. Performance Rehab is the go-to referral facility for many of the top Orthopedic Surgeons in the area. Always Expert Care and Results for folks of all ages.

Experience a 30m PT Evaluation or Dry Needling Trigger Point Therapy session.

Contact: Andrew DeBoest andrew@performancerehabkc.com 913.681.9909



Pilates

Respected as Intelligent Exercise, Pilates emphasizes the coordination of mind, body and spirit by training balance, body awareness, and core strength. It is also the perfect companion for building a strong, lean, pliable, and resilient body. Erin Ward and her staff are experts of inspiring individuals of all ages to find inner strength.

Her method combines purpose and passion for healthy living with gratitude knowing that everything is made beautiful in its time. Enjoy one Intro to Pilates Reformer session, or one month of Mat Classes.

Contact: Erin Ward erinward5@me.com 913.669.1663



Massage

For over 13 years Heather McCoy has been providing care to the community utilizing her skills in several modalities such as Therapeutic massage, Deep tissue, Swedish massage, reflexology, hot stone massage and prenatal. Each massage session is personalized to help guide you to feel balanced and grounded. Also a Registered Nurse, Heather's philosophy of health promotion, illness prevention and having a deep respect for the human body allows her to incorporate the passion of both massage and nursing into each massage.

Enjoy one 30 min massage. Contact: Heather McCoy hmccoyrm22@gmail.com 913.244.8207



Chiropractic & Acupuncture

Since our founding in 2006, Johnson Chiropractic & Acupuncture has been the Chiropractic Clinic of choice in the Overland Park area. Services offered include: Spinal Manipulation, Nutritional Examinations, Acupuncture, Graston, and Cold Laser. At Johnson Chiropractic & Acupuncture we offer patients the attention and care they deserve in order to get them feeling healthy again. Enjoy a Graston (soft tissue mobilization) and kinesiotaping session. Contact: Kirk Johnson akteamdoc@gmail.com 913.825.2530



Muscle Activation Techniques

Muscle Activation Techniques™ is a revolutionary approach to the assessment and correction of muscle imbalances that may be contributing to joint instability/dysfunction, pain and limited mobility. MAT™ is a non-invasive technique, designed to balance the muscular system in order for it to function with maximum efficiency.

Enjoy a complimentary consultation, assessment, and introductory session to MAT.

Contact: Ryan Kerola ryankerosal@hotmail.com 952.224.6246



Skincare

Shannon Coster offers makeup artistry specializing in weddings and events, waxing services, and custom facials and peels. Enjoy a custom shaping and wax.

Contact: Shannon Coster sfenton80@yahoo.com 816.304.5436

Choose any two of the following services.

Email or Call to book and get more information.

About the Alliance of Overland Park

Opening in 2014, our facility has grown to encompass all aspects of the Fitness, Wellness, and Rehabilitation arena.

We offer a full spectrum of Lifestyle Strategies all under one roof, operated by professional and like-minded colleagues who all coordinate and create strategies to see you succeed.

Join us at Overland Park's largest and most complete facility.