

Restore Release Renew  
You only have one body.....Keep it  
Functional and pain free

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- WITH LESLEE BENDER 2020 IDEA  
Personal Trainer
- PMA ACSM NASM ACE
- GRAY INSTITUTE





# Our program objectives

- Defining recovery, recuperation and what it means
- The science of why recovery is essential for life
- Understanding the parasympathetic and sympathetic nervous system
- The role of fascia
- Postural issues and injuries related to barre classes
- Combining the work of functional flexibility, science of movement (planes of motion) and myofascial release
- Importance of sleep and nutrition for recovery



# Thank you for choosing

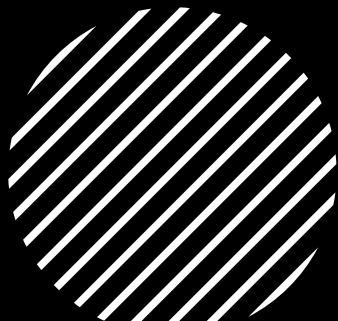
- A biomechanically safe vertical approach to exercises with props
- A greater understanding of the why behind all exercises
- The science of the movements as they relate to barre
- Looking at students individually and how to address issues.
- Making sure all students are capable of performing the exercise
- Includes the rolling enthusiast

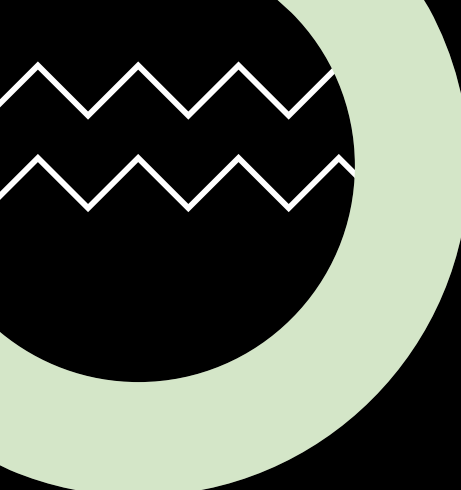




# Signs you are not recovering

- Muscle soreness and fatigue
- Sleep deprivation
- Increased inflammation
- Mood swings
- Exhaustion
- Craving carbs or caffeine
- Having trouble with communication
- Sadness
- Lack of enthusiasm





What is Recuperation, restoration and recovery? Managing the demands of life!

- Gradual healing including rest, after being ill, injury recovery The natural way in which our body heals in of itself is a miracle due to the stresses put upon it.
- Managing the demands of life, fitness, family work etc.....
- Managing our overtaxed nervous system
- Decrease overtraining
- Breath and meditation
- Rest and recovery more





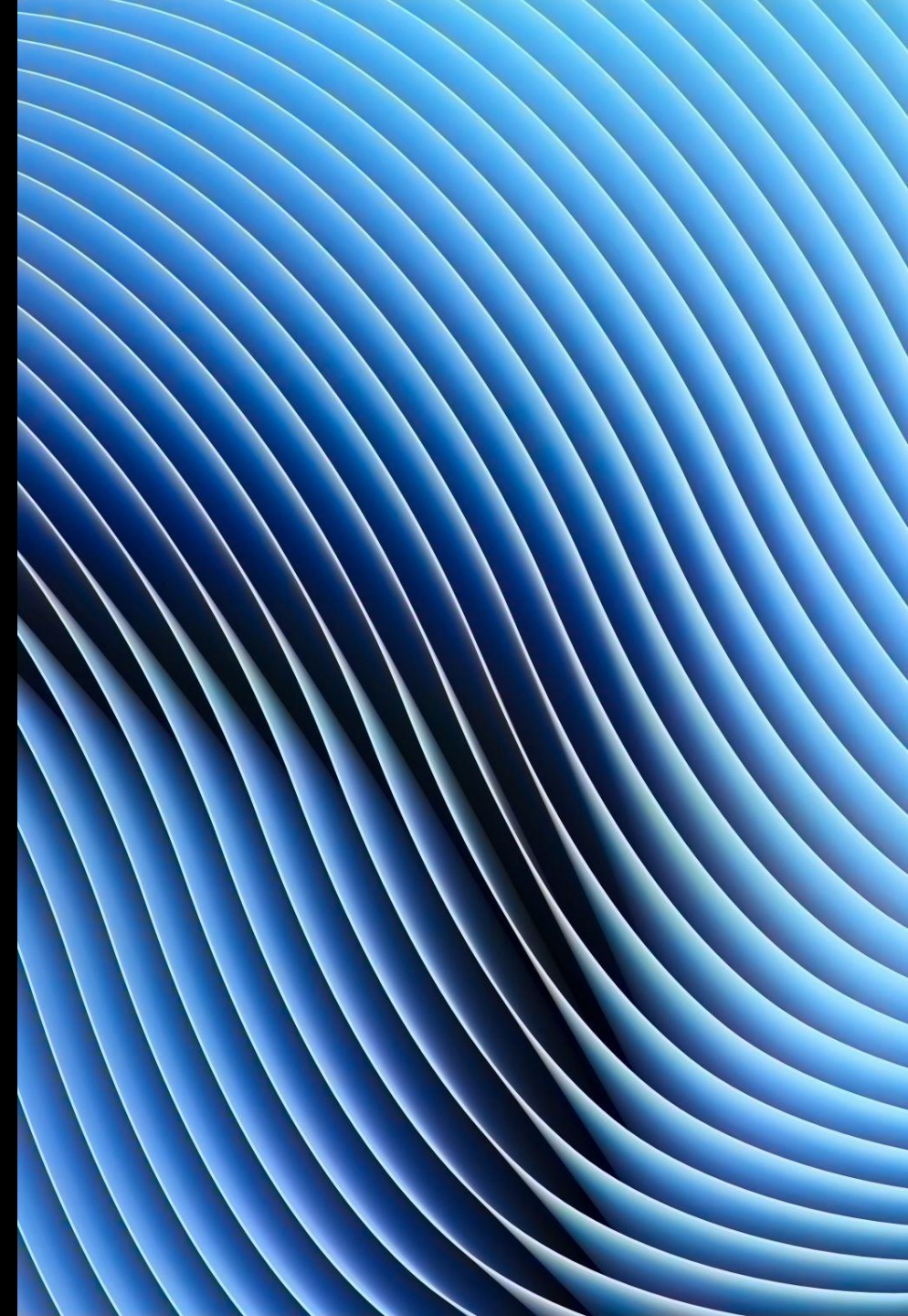
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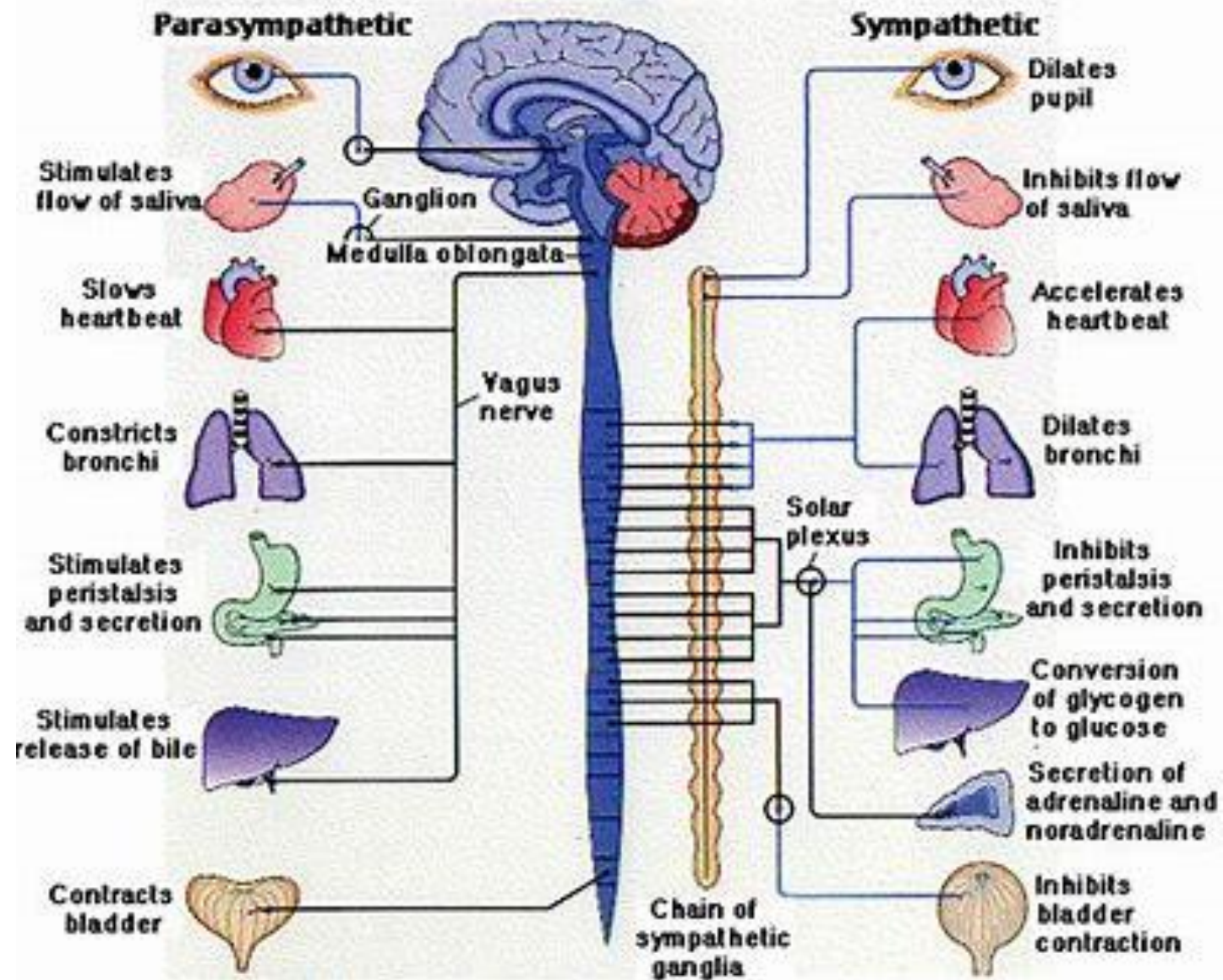
Physical  
Flexibility/recovery  
yoga

Mental emotional  
balance calmness

Spiritual mediation  
purpose

Social  
relationships  
family





# Understanding the parasympathetic nervous system

- Parasympathetic nervous system: The part of the involuntary **nervous system** that serves to slow the heart rate, increase intestinal and glandular activity, and relax the sphincter muscles. The **parasympathetic nervous system**, together with the sympathetic **nervous system**, constitutes the autonomic **nervous system**.



# Managing and understanding the Sympathetic nervous system



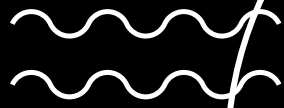
- Sympathetic nervous system controls stimulation flight or flight responses
- Short term survival
- **What activates the sympathetic system?**
- After s a distress signal, the **hypothalamus** activates the sympathetic nervous system by sending signals through the autonomic nerves to the adrenal glands. These glands respond by pumping the hormone epinephrine (also known as adrenaline) into the bloodstream.



# The Fascial Body of Proprioception

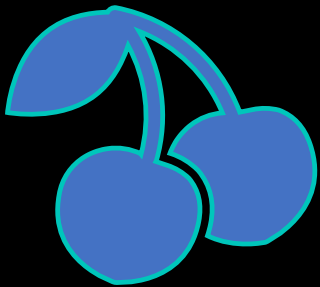
- Fascia transmits energy and Muscles transmit force!
- Fascia (information center) abundance of receptors send and receive information forwarding to the brain (movement stretching position etc)
- Receptors Pacinian, Ruffini. Golgi





Nutritional restoration/anti  
inflammatory magic  
(amzchef) juicer

- Beets
- Kale
- Turmeric root
- Ginger root
- Celery
- Pineapple
- Pumpkin protein





All three planes all the time — Gravity and ground reaction Gary Gray

- Sagittal, anterior and posterior
- Frontal, right and left lateral
- Transverse rotational

## Muscular/fascial imbalances lead to dysfunctions over time

- The body adapts to the stress put upon it from movement patterns or habitual posture. Poor training techniques and diet. Lastly injuries and compensations
- Poor habits nutrition and training





# What is fascia rolling for longevity?

## Injury Prevention

- Fascia Rolling, also known as foam rolling, is a self myofascial release technique.
- In general foam fascial rolling should be done very slowly and with control. Focusing on tender areas and breathing.
- If any pain is experienced, stop and assess what to do next. Consulting one's physician may be best.



# myofascial rolling



Forearms and Quads



Shins



Shins



Shins modified



Quads on the forearms



Inner thighs



Glutes



Hamstrings



Lateral thigh IT Band



Lateral thigh IT Band



Mid back and shoulders



Mid back shoulders lateral  
flexion



# Effect of touch on the proprioceptors

- **Proprioception** also governs the sense of owning your body, the sense that your limbs belong to you.
- **Massage** causes physiological changes in your body through 1) the relaxation response, which is an involuntary yet predictable response of the nervous system to **massage** techniques and touch and 2) mechanical responses, which are physical effects that occur in the body when pressure is applied to the soft tissues.

## Why essential oils and the proprioceptor response and parasympathetic nervous sys

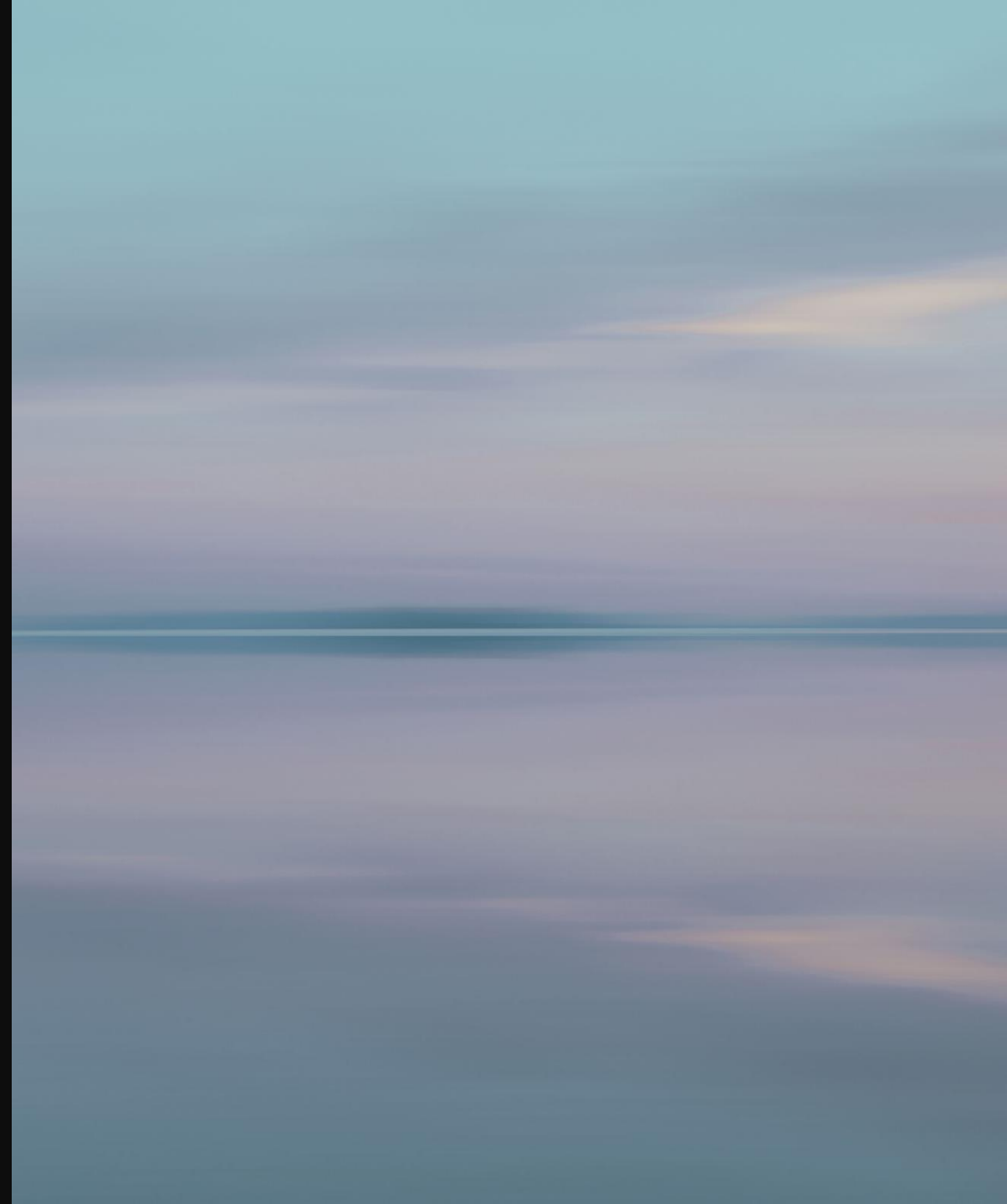
- Calms the nervous system
- Helps to breath
- Helps to decrease pain
- Gives one a calmer feeling
- Lavender, lang lang



# Neutral, Breath and the nervous system

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- Activating the deepest layer of the core known as “navel to spine” at about a 15% contraction allows the spine to be neutral and move without restrictions.
  - The breath is an essential part of the movement. Breathing in through the nose and out through the mouth allows the intrinsic core to become activated.
  - With the inhale, the ribs expand laterally and with the exhale the abdominals draw inwards.
  - Breath should be natural and never restricted or forced.
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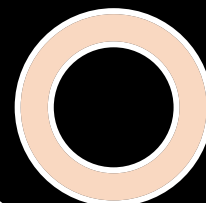
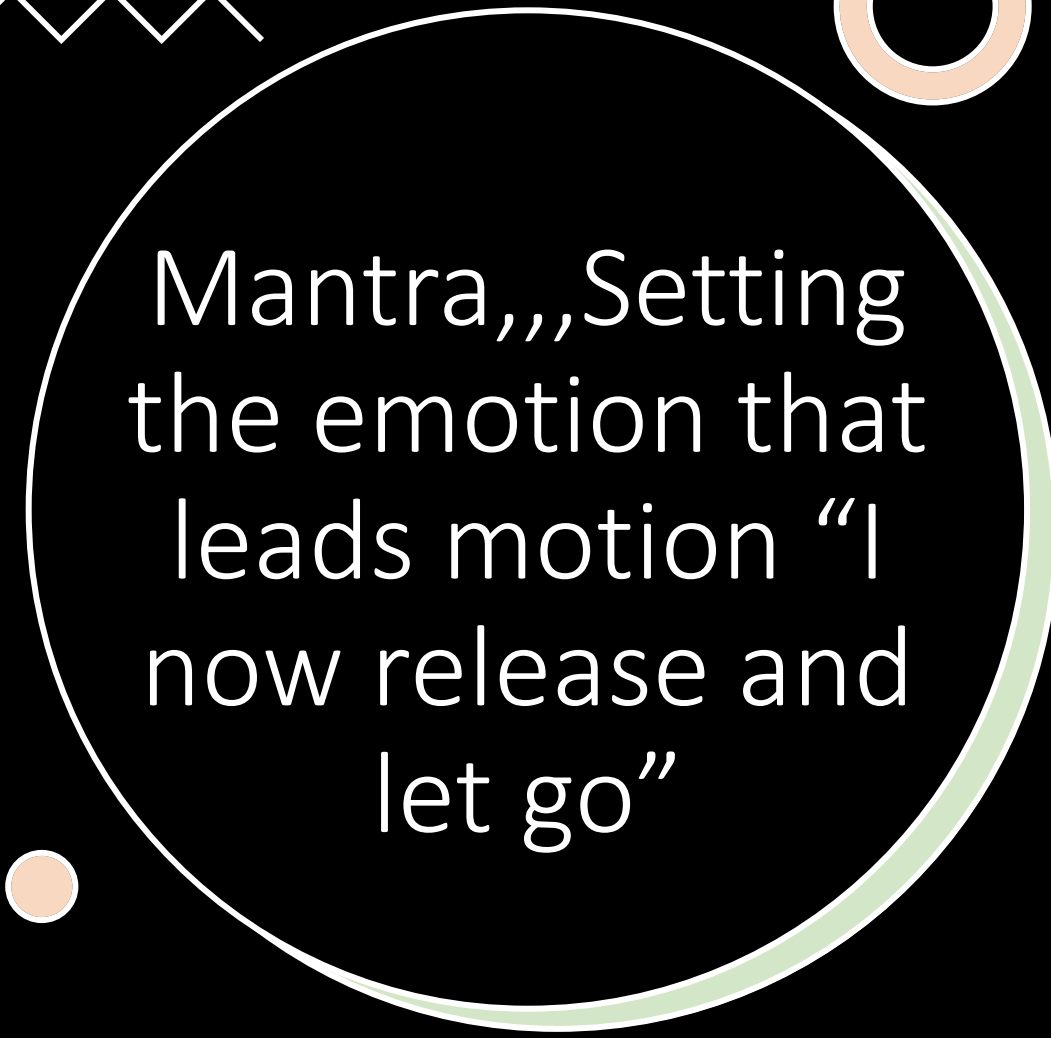

# Starting with the feet(tennis ball)

- **Press from side to side of the mid tarsal joint of the foot on the ball**
- **Press down the arch of the foot on the ball**
- **Roll the ball under the arch**
- **Test touching your toes**



# The mindful program of wellness





Mantra,,,Setting  
the emotion that  
leads motion “I  
now release and  
let go”

- Mantra
- forward bend
- Foot reflexology
- Calf /hip lengthening
- Downdog/hip mobility
- Calf massage
- Glute massage
- Repeat



Thank you for attending  
Be Healthy Be Kind  
[Leslee@bendertrianing.com](mailto:Leslee@bendertrianing.com)  
WE can be the solution to ending  
pain in the body and giving  
students the opportunity to  
incorporate wellness into each  
workout

