

eca/THRIVE!

Oct. 4-7, 2007

Marriott Harbor Beach
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NEWS FOR FITNESS PROFESSIONALS

SUMMER 2007



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Christiane Reiter
by Susan Kasper

Raw foods Diet
by Scott Josephson

Spartan Training
by Juan Carlos Santana

ECA/NYC 2007
CONVENTION HIGHLIGHTS

ECA/THRIVE 2007!
EVENT IN FORT LAUDERDALE

SUMMER 2007 ISSUE

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ECA WORLD FITNESS ALLIANCE

ECA is a global wellness and fitness organization that is also dedicated to social responsibility. We believe in fitness with a conscience. We provide information, workshops, education, conventions, resources, personnel, products and services to a strong network of dedicated members worldwide. Our mission is to offer trend setting programs and ideas to like minded individuals who are looking at the individual as a whole; mind, body and spirit. We believe the planet and it's inhabitants deserve a sustainable world with a commitment to renewable energy and resources, environmental protection, tolerance, choice, and freedom for all people.

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COVER PHOTO: Christiane Reiter

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CAROL'S CORNER

by Carol Scott, President



THE END OF INNOCENCE - THE BEGINNING OF OPTIMISM

There are points in our lives that are turning points. There are moments of clarity when we change how we view the world, or the way we think. Becoming a parent is usually a turning point, losing a loved one, experiencing a tragedy, or big event - the world becomes a little less safe and we lose our innocence.

Affecting all of us now is the state of the world we currently face. There is increased violence, war, political unrest, genocide, unstable governments and regions, wide spread disease, famine, poverty and our greatest challenge; global warming.

Taking a deeper look at these topics; the climate crisis for example, and examining it further brings its severity to light. Our entire planet is on the brink of destruction and we will need to make radical changes in the way we live or life as we know it environmentally, geopolitically, economically and sociologically will be changed forever.

Many news shows and even entertainment shows on television are casting light on the problems affecting Africa and Asia; war, genocide, AIDS, lack of fresh drinking water, disease, overpopulation and poverty are making our problems in the U.S. seem to pale in comparison. Couple that with the random violence within everyday life, such as the attack by a lone gunman on the college students in Virginia, and we can see how it is the end of innocence.

However, borne out of adversity, often comes times of opportunity. It is this precise time, at the end of our innocence, that we should then call upon the forces from within that make us strong, and great, just and compassionate and take the opportunity to act. As one can imagine, it would be easy to feel depressed and overwhelmed. However, it is just as easy to be optimistic and look for the many opportunities to make a change for the better.

ECA chooses optimism! We hope to learn to manage this changing time and offer effective strategies for helping our clients thrive. They will be more stressed and need outlets for support and nurturing. They will be more mindful looking for spiritual and emotional healing. Our roles will change to encompass more of these modalities into our workouts and trainings.

Acting on these changes for the better is exactly what we need to deal with these problems. Big and small, people, companies, and nations are making a change.

Sir Richard Branson's investment pledge of 3 billion pounds to fight global warming, comes after US billionaire investor Warren Buffett announced in June that he was donating \$37 billion to charity. The Bill and Melinda Gates Foundation, is pledging \$287 million in a bid to speed-up the development of a vaccine for the HIV/Aids virus. U2's Bono through his own created the ONE campaign, RED and others dedicated to ending poverty on the planet. Oprah Winfrey has donated millions to aid Africa. Green Mountain Coffee Roasters are offering a special Gombe Reserve blend of coffee from the region, in cooperation with the Jane Goodall Institute. Companies like GE and the like are investing in wind and solar energy. Brazil uses ethanol instead of gasoline to fuel their cars.

Change is here, our innocence in thinking that we can just go about our daily lives untouched by the world is truly over. I, for one, am excited about the possibility of creating a better world. It starts with all of us making an effort. Take on a cause that stirs a passion in you and act on it.

At ECA World Fitness, we have been focusing on a number of issues that touch our hearts. This year the climate crisis has taken center stage. However, our efforts continue in support of the mission we have had since our inception. ECA is an organization committed to spreading ideas about the pursuit of sustainable, renewable energy and resources, environmental protection, tolerance, choice, respect and freedom for all peoples. Our tag line "fitness with a conscience" reflects these beliefs. We are going to continue to stay on this path.

We are even changing the names of our conventions to further reflect our commitment to the human spirit and the concept that the body is not separate from the mind. We are physical, emotional, and spiritual beings. This year's Florida event is now called "THRIVE" - to grow and prosper, to reach a goal. ECA/NYC's event will be referred to as the eca/nyc OBOW show - One Body One World. We will continue to feature the programming you have grown to love, and we hope to add to it with new ideas and concepts for our holistic growth as individuals. We have a lot to take on in the coming decades and we will need to be prepared. The heart is a muscle both physically and metaphorically, and both need to be exercised.

Thank you for taking the path less chosen....let's take hands and walk it as a community!

Carol

community - creativity - education - innovation - transformation
"Fitness with a Conscience"

INTERVIEW

with Christiane Reiter

ECA: How did you come to the career that you are currently in?

Christiane: I was studying physical education and dance, when my boss sent me to Los Angeles to visit various aerobic studios and dance academies and from that moment I was addicted.

ECA: Who influenced you and what did they do to influence you?

Christiane: I took my first aerobics class in Germany in 1983, as I was studying it during one of my semesters. In order for me to be part of aerobics, I helped develop the education behind it. Essentially, I started within this field at the start. At that time, Lynn Brick and Sherry Catlin impressed me a lot. Then I started to bring a little dance into aerobics. Billy Goodson was a huge influence and was and still is my hero. Billy is an incredible dancer, choreographer, and teacher.

People within the dance industry have a tendency to become very arrogant as they become successful. That was not the case with Billy Goodson. He is always taking care of his pupils and it is an important characteristic that he taught me.

I love creative people including: Patrick Goodeau, Calvin Wiley and Patricia Moreno.

ECA:What is the message you would like to share?

Christiane: Live and let the others live. Being jealous or envious uses so much energy and doesn't bring you forward. It is better to focus on yourself and your work. And when you do, life is so much more relaxed and fun. And share life with your friends and family and enjoy every single day.

ECA: What motivates you in both your career and in your general life?

Christiane: Everything I'm do, I enjoy. I love what I'm doing and for me, it's not work. It is part of my life, like



breathing. I even felt this way before I started as a presenter. Everything I have done and do is with enthusiasm.

ECA: How do you determine or evaluate success?

Christiane: Good question! I determine success on what I get back from people – their feedback. The more I receive from people, the more successful I feel. I see the money I receive as the “reward” for the work I love to do.

ECA: What are the most important rewards you have received in your career?

Christiane: Not the awards I won. For me, the nicest reward is the acknowledgment from colleagues of mine whom I really admire, and from pupils who tell me how much I have helped them to develop. It is then that I know I did a good job.

ECA: Name two or three accomplishments that have given you the most satisfaction. And why?

Christiane: I'm always looking for new directions to go into, even if it's a risk that doesn't look successful. If I have created a trend and if it has longevity, then I am satisfied.

ECA: How do you balance your professional and personal life?

Christiane: Like I said before, work is not a duty. But what I have changed in the last couple of years is my demand on myself. I am more composed and my son, who is now is 7 years old, automatically brings balance into my life. And today it is easier to say "no" without having to feel bad.

ECA: What advice would you give to someone who desires to put forth the energy into their career as you have?

Christiane: Be you, always do what you like to do and don't put too much energy on what others are doing.

Christiane Reiter will be a featured presenter at our eca/THRIVE! event. Check out her amazing sessions!



BOOKS CHRISTIANE LOVES:

MOMO from Michael Ende. It is a children's book about a young girl named MOMO who has many abilities and ultimately is the heroine in the story. The theme of the book is about time saving and how blind and alone we get if we always think that time is money.

“Noch eine Runde auf dem Karusell” by Tiziano Terzani. In English the title is “Another Round on the Roundabout.” Tiziano Terzani is a very famous journalist and at the age of 59 he gets cancer. His journey through the jungle of western and eastern medicine brings him up into the Himalayas to a very small and modest house. It is there he finally finds what he was looking for -- he found himself.



“Gefährliche Geliebte,” from Haruki Murakami. In English the title is “Dangerous Lover.” It is a very exciting love story that you will not be able to stop reading.

***editorial note:** Amazon does not list Tiziano Terzani's novel, and Haruki Murakami's novel is in German only.

SUSAN KASPER is Public Relations Liaison for ECA World Fitness and Associate Editor of the ECA NEWS. She has twenty years advertising, marketing and public relations experience. Susan has lectured to different Long Island based non-profit organizations on marketing and public relations topics and currently sits on the board of directors with one of Long Island's fastest growing non-profit children associations. In addition, she is a member of the Women's Sports Foundation and Long Island Coalition for Fair Broadcasting.

eca/THRIVE! 2007

By Susan Kasper

eca/Thrive! 2007 will feature new programming, and bring excitement and energy. The Marriott Harbor Beach Resort and Spa, located on the coast of one of Florida's most beautiful beaches in Fort Lauderdale will be our host.

Why do we describe our convention as eca/Thrive? Because we know that you will grow and prosper from our convention experience and we strive to help you reach your goals.

This year **Juan Carlos Santana** will be training you like a Spartan Warrior! This insightful functional training workout will discuss how past warriors trained using very natural objects, various terrains, and how to utilize your own body to develop a great looking Spartan physique like that of the blockbuster movie, "300."

Dance! Dance! Dance!

New to our Program; Stomp, Clap and Sweat to Masala Bhangra Workout with **Sarina Jain**. Fitness personality and choreographer, **Sarina Jain**, has combined influences from her own Indian heritage with 16plus years as a certified fitness instructor to create an exotic and intense calorie burning cultural dance workout.

Misty Tripoli adds Swing Dance to her repertoire with Zoot Suite Boogie. This full body challenge will have you sweat to a blend of the Big Band music!

After you Jitter Bug your way to fitness, then join **Misty** again for her Cha Cha Caliente workshop to get lost with latin inspired dance moves. No rules, no boundaries in this workshop!

Need more latin in your workout? Then join **Manuel Velazquez** for his caribbean inspired Hot Latin Cardio workout. Real salsa steps and latin moves are infused into this hot workout.

Robert Steinbacher is back with Robert's Thrash Dance workshop. This program promises to provide the best house music and moves to let you and your inner dance soul free!

Christiane Reiter comes to ECA from Germany. She is one of the foremost global fitness professionals, and we are happy to have her be part of our convention. Christiane's Jazz Funk program takes you to a new level of energy with her mix of hip hop, funk and jazz dance moves.

Once again, **Clay Grant** brings his innovative creativity to his new program, Cirque Du Soul Clay. He breaks down his choreography and brings it to a new level that he promises that you will become a lean mean dancin' machine.

Of course, we are featuring your all time favorites, joining us again; Calvin Wiley, Patrick Gordeau, Petra Kolber and Rebecca Small!



Cardio and Body Conditioning is here at Thrive!

Annick Robinson & Kimberly Spreen will challenge you with their Cardio Camp and Dragon Heart, their kickboxing workouts. These non-stop sessions intertwine, cardio kick boxing and athletic drills for fun-filled, easy to follow cross-training challenges that will leave you wondering where the time went!

Marcelo Ehrhardt brings it on with his BODYFormula and coMMotion workshops! Marcelo's CoMMotion workshop was voted by New York Magazine 2004 issue as "Best New Class," and his BODYFormula workshop will show you how to easily transition from one flow of movement to another while increasing the intensity of the workout.

Thomas the Promise will be teaching his signature jump rope training class.

Shaun Thompson of Hip Hop Abs fame will be presenting his incredibly popular program with the same name. Shaun will show you how fun and easy his workout is, so you can bring those same moves back to your class.

Paul Katami will show you some new sculpting moves with his Band Camp program! Learn how to build lean functional muscles with resistance tubing and bands.

Learn some very basic kettlebell moves and how to orchestrate a killer butt class with **Keli Roberts** Kettlebell Concepts: Bell Butt! Workshop.

Mind - Body

Bring your best dancing shoes, or better yet, come barefoot to the Shamanic Power Dance workshop with **Dalien**. The intensity of this class is very similar to a powerful yoga and cardiovascular experience and one that will get your "ECA Tribe on!"

Dalien will bring his expertise and experience to his Yoga and Sound Meditation workshop. This class will explore the power of working in the lower chakras through a grounding practice of hip openers, twists and core stability poses.

Colorized Yoga by **Christina Leon** is the first intergrated multi-sensory yoga class that incorporates a color changing environment, chakras, yoga asanas and affirmations. This revolutionary, patented format will take you to another dimension of mind/body understanding.

Fred DeVito & Elisabeth Halfpapp will be featuring their core energy flow session.

Discover the multi-dimensional properties of water and the exercises that target the abdominal muscles to increase core stability while toning and strengthening the entire body with **Katharine McLarty's** dynamic Fluid Yoga Tai Lates workout.

Lawrence Biscontini brings Aquatic Shaki: The Experience to eca/Thrive! This workshop will allow you to experience different styles of choreographed flow so you can learn to both cue and choreograph your own version of "SHAKTI," in a warm water environment.

Robert Sherman also joins us this year with his sensatioinal stretching and flawless flexibility session among others.

There are many more workouts at eca/Thrive 2007! Including:

SPINNING

OUTDOOR PROGRAMS

RUNNING

NORDIC WALKING

NATURE WALK

CARDIO MORNING WORKOUTS

SPECIALIZED OLDER ADULT TRAINING

WHOLE MANAGEMENT TRAINING TRACK WORKSHOPS

EXTENSIVE PERSONAL TRAINING PROGRAMMING;

Featuring Bob Esquerre, Sue Hitzmann, Juan Carlos Santana, & Chek Institute.



We have added many new classes and workshops to our already very popular convention. And if by chance you don't know what terrific program to choose, give us a call. Our session selection concierges will help you find the right workshop for you and your goals! Call us at ECA World Fitness for a brochure or for more convention information – 516-432-6877.



SPARTAN TRAINING:

Low-Tech, High-Touch Training for the Warrior in You

By Juan Carlos Santana, MEd, CSCS, FNSCA

THIS ARTICLE IS THE FIRST IN A SERIES IN HOW TO TRAIN SPARTAN STYLE. EACH SUBSEQUENT ARTICLE WILL COVER THE USE OF UNIQUE EQUIPMENT AND METHODS IN MORE DETAIL.

Many new training methods have been developed over time. One look in any fitness catalogue will show you many different pieces of equipment used to train for strength and function. At the Institute of Human Performance (IHP), we have the great fortune of being home to the latest in training and research equipment. However, we often get down to the basics and go for Spartan training. In my book, *Functional Training: Breaking the Bonds of Traditionalism*, it is discussed that many of the past warriors trained in a functional manner with different objects, used various terrains, and utilized their own bodies. This very natural, but very Spartan method of functional training developed great looking physiques that were built for war. The box-office smash movie, "300," provides a Hollywood glimpse into the philosophy, lifestyle, and physical capacity of the Spartans.

Spartan training is a throw back to the way things were done thousands of years ago. Like the warriors of yesteryear, we at the Institute of Human Performance, use gravity, momentum, our own bodies and anything we can find in nature or a junk yard to train our bodies to look and perform like those in the movie "300." Our Spartan Training approach uses tools like stairs, hills, tires, cars, metal bars, sandbags, ropes, PVC pipes, rocks, and whatever else catches our interest to create a great training environment. Once you have created that environment, you let your imaginations run wild. Spartan training can be modified to fit any age, gender, or training level. A little imagination is all that is needed in order to keep Spartan training safe, effective, and fun.

One of the simplest ways of developing great legs is to run hills, bridges, or stairs. However, we kicked it up a notch with leg training exercises with the truck push. A single push of a Navigator vehicle around our parking lot (i.e.,

about 80 yards with turns) is enough to kill most people; we normally get teams of 3 to 4 people doing 3 to 5 laps each. Another excellent form of Spartan training for the total body is dragging tires. Additionally, we dragged tires in many ways; pushing and pulling them using many different strategies with the combination of lower body movements.

You can also use a variety of handles and grips to make tire training a bit more interesting. By adding various straps, PVC handles, iron bars, and other grips, you can turn simple exercises into absolute nightmares—pull-ups on big PVC grips are an example of doing just that!

Of course, when all else fails there is Spartan body weight training. Whether using a partner or just going solo, you can use body weight training to take a huge departure from your traditional jumping jacks and lunges. Single-limb training and partner lifts can make the toughest men cry for help.

A general rule of thumb is to start very light and use more volume to develop a good base of training and to get familiar with the equipment and movements. Then, slowly bring in the more aggressive methods. The *Essence of Body Weight Training* DVD series and book (available at www.ihpfit.com) provide over 200 body weight exercises and variations that will develop a great training base and gladiator-style Spartan strength. Stay tuned for future articles that will show you exactly how to use specific equipment to achieve that Spartan body and spirit!

Visit www.ihpfit.com or www.intocombat.com for some Spartan Strength video clips.



JUAN CARLOS SANTANA MEd, CSCS, FNSCA, is a world renowned speaker, author, consultant, and strength coach. He serves as NSCA Vice President and is a member of their Board of Directors. He is ACSM certified, a Senior Coach with USA Weightlifting, and a Level I coach with the USA Track and Field Association. Carlos is currently involved in several research duties with Florida Atlantic University in completion for his doctoral work.

BRIDAL WORK OUTS

By Bonne Marano

The following is a reprinted excerpt from *The Complete Bride's Workout Guide*, Career Press.

Q. "With sending out the invitations, scheduling fittings, and making arrangements for out-of-town guests I am barely getting to the gym. How can I maximize my time at the gym?"

A. As a bride-to-be I can totally identify. Time is becoming a very precious commodity as you get closer to the wedding day and last minute details and crisis's that need to be addressed may interfere with your exercise program. With a little planning, you can adapt your workout program. This is not the time to make excuses! Even if you have slacked off in the preceding months, you can still get into serious aisle-walking shape. The key is intensity and efficiency; in other words, working out harder and smarter. And remember some exercise is better than none.

KEEPING THE BODY IN FOCUS

Time saving workouts can be done in a variety of ways. Integrated strength training workouts are one way. Training the upper and lower body muscles simultaneously can be a great time saver. Our bodies are meant to work multiple muscles at the same time in order to perform everyday tasks like doing the laundry and recreational activities like tennis.

Consider for example, squats and lunges. These exercises are great for toning and strengthening the lower body strength. Many muscle groups work to execute these movements. Adding upper body movements with light or moderate weights can then provides a new training stimulus. Movements such as overhead presses, lateral raises or bicep curls can be performed at the same time as you squat or lunge and reduces your overall training time. And the bonus is that as you perform these integrated movements, you train your core. These muscles (hips, glutes and abdominals) contract to stabilize against the movement. As you progressively challenge yourself with these new movements, other secondary muscle groups will fire to maintain stability and balance as you move.

Another time saving option is to zero in on the body parts you most want to train in split routines. In a split routine you divide the types of exercises you do allowing you the flexibility to adapt your program to maximize results.

How you split your routines is also dependent upon your goals and objectives. As always, how you design your workouts will depend partly upon how often you exercise. If your schedule only allows three days a week for exercise, you will have to hit all the muscle groups each time you visit the club. However, if you find that you can strength train consistently four to five days a week, then you will want to split your workouts to avoid over training your muscles. You may want to perform upper

body exercises one day and lower body the next. Or you may want to divide these groups up further and concentrate on only one or two body parts each visit. Keep in mind three is the maximum number of days per week you want to work any single muscle group.

You can also split your routine to decrease your overall workout time and will insure you get an effective, focused workout without the worry of rushing through another twenty curls before you meet your future-mother-in-law for brunch. Many is the club rats who do cardiovascular training prior to a comprehensive strength training regime, only to find it impossible to hit all the body parts in a manageable length of time.

If you like to burn fat before you pump iron, follow your cardiovascular training with upper body exercises on one day and lower body exercises on another. If done four days each week, you'll target each muscle group twice a week and reduce the amount of time you need to spend with each visit to the club. Want to save even more time, increase the intensity and burn more calories? Combine your cardio and strength training into one workout. Do a series of weight lifting exercises followed by 3-5 minutes on a bicycle, treadmill or jump rope.

Whether you decide to do all of the exercises on the same day or split your routines over the week, make sure each muscle group gets one full day of rest. And remember the best workout program is the one that not only gets results but one that you enjoy and will continue to do on a regular basis.

ABOUT BONNE MARANO

Bonne is a 20 year veteran of the fitness industry, and holds several certifications with AFAA, including Step, Spin, Bosu™, Pre/Post Natal and Personal Training. She currently teaches at Equinox, LA Fitness and Elite Body Advanced Training Center where she's developed a special class for brides, appropriately titled "Bridal Survival."



In 1999, Bonne founded Fit To Be, LLC, a health and fitness consulting company as well as Fit To Be Tied Online.com (www.fittobetiedonline.com) which is a web site dedicated to fitness and nutrition exclusively for the bride-to-be.

Bonnie is also the author of "The Complete Bride's Workout Guide," Career Press, as well as the co-author of "The Road Warrior Workout-the Traveler's Workout Guide" published by Hatherleigh Press.

What is a raw food diet?

By Scott Josephson

FOR THE MOST PART, A RAW FOOD DIET MAINLY CONSISTS OF UNPROCESSED PREFERABLY ORGANIC WHOLE FOODS SUCH AS FRESH FRUITS, VEGETABLES, NUTS, SEEDS, BEANS, GRAINS, LEGUMES, DRIED FRUIT, SEAWEED, UNPROCESSED ORGANIC FOODS, NATURAL FOODS, PURIFIED WATER AND COCONUT MILK.

By heating foods above 116 degrees Fahrenheit, it is believed to destroy food enzymes that can assist in the digestion and absorption of food. Cooking above 116 degrees can diminish the nutritional value and "life force" of foods. The general premise is that at least 75 percent of the diet must be living or raw. Raw foods contain little or no saturated or trans fats, and in addition these foods are low in sodium, high in potassium, magnesium, folate and fiber. These properties contain health-promoting plant chemicals called phytochemicals that can reduce the risk of diseases such as heart disease, diabetes and cancer. A recent study published in the Journal of Nutrition found that consumption of raw foods lowered plasma total cholesterol and triglyceride concentrations. It's important to understand that considerable time; energy and commitment are needed to be healthy on the diet since many of the foods are made from scratch. Some ingredients may be hard to find such as Rejuvelac (the fermented liquid drained from sprouted grains), sprouted flour, date sugar, coconut milk, carob powder and celtic sea salt. This type of caloric intake can create major improvements in your health by normalizing your weight, which generally means a reduction in fat. There also seems to be major shifts in physiology, which can make you feel highly energized from raw foods. It's as if the energy would rather be burned up than converted to fat. Only cooked foods can go into fat production because heat and acid alter it making it "unmetabolizable" in other complex processes. By contrast, raw foods break down into components, which can be directly metabolized in a variety of cells. For example, it is notice-



able that sucrose (table sugar) goes entirely into fat production rather than immediate energy. Sucrose splits into glucose and fructose. Muscles use glucose but not fructose. Furthermore, the splitting probably does not occur during digestion, and only fat cells can use the disaccharide. One very obvious improvement resulting from a raw food diet is in the digestive system. Raw foods digest well, so most of us don't notice the acid, bile and residual effects of digestion with a cooked food diet. Adding a little bit of cooked food to a raw food diet doesn't work well due to acid being produced in the stomach. Acid and raw foods tend to create indigestion. Some critics state that certain enzymes are inactive when food is heated, and the body uses its own enzymes for digestion. Additionally, cooking makes certain phytochemicals easier to absorb such as beta-carotene in carrots. Other critics note that the human body has changed in response to eating cooked foods. The facts remain that over time our jaws and teeth have become smaller, our stomachs have shrunk, and our small intestines have grown longer which lengthens the digestive surface area. Other alternative theories such as macrobiotics and traditional Chinese medicine mention that a raw diet may not be appropriate for people living in colder climates (lack of vitamin D) or for people



with certain constitutional types or dosha known as Vata, Pitta and Kapha. The most accurate way of learning your constitution type is to visit an Ayurvedic doctor. They can conduct a physical examination including pulse assessment to inform you of your dosha for specific recommendations. Overall, proponents of the raw food diet believe it has numerous health benefits including increased energy, improved skin appearance, better digestion, weight loss and reduced risk of heart disease.

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GUIDELINES AND PRECAUTIONS.

Remember that at least 3/4 of food consumed should not be heated over 116 degrees Fahrenheit. A common staple of the diet are sprouts, which do require a slight amount of work. The easiest sprouts to make are lentils by soaking, draining and keep them moist by rinsing. You will need to obtain a dehydrator which blows air through food at a temperature less than 116 degrees. Other handy items might be a juice extractor, a blender, a food processor, glass containers for soaking and mason jars for storage. Some people experience a detoxification reaction when they first start on raw foods especially if their previous intake was high in meat, sugar and caffeine. Mild headaches, nausea and cravings can occur. Certain nutritional deficiencies can possibly occur including calcium, iron, vitamin B-12,

protein and perhaps calories. Be aware that some raw foods can be high in pesticides, so organic raw foods may be necessary. The usual assumption is that the only supplement needed in theory is vitamin B12 because it is primarily found in meat. That being said,



remember that copper and zinc are also needed because plant material is very low in these minerals compared to meat. These minerals are toxic while being absorbed, so they should be taken in small quantities. Other vitamins or minerals can be taken if you desire, but almost everyone will need vitamin D to transport calcium into cells. Dry vitamin D pills can be safer, and there is more than enough calcium in food when taking vitamin D. Taking supplemental iron (in unnatural, mineral form) has been found to be harmful to the heart, but in small quantities it should be safe. By having advanced knowledge about these important issues, you can easily determine if this diet truly suits your needs. Remember, salt is usually not used with raw foods, so learning to eat a raw food diet is mostly trial and error. Quality protein can be obtained in raw nuts, but plant proteins do not have the same balance of amino acids as animal protein. Anyone concerned about fat intake might consider a raw food diet; however there might be a social inconvenience that accompanies this type of consumption. In conjunction, the importance of omega fatty acid intake

for healing cannot be over looked. Essential fatty acids are like vitamins, and omegas 3's are found in cell membranes. Healing and cellular growth are greatly enhanced by omega 3's, and a precursor form is alpha-linoleic acid



which is found in green leafy vegetables and walnuts. Research indicates that the critical nature of glycosides (sugar complexes) can be complex and difficult to synthesize. Glycosides are found in the

structural components of cell walls, and are normally abundant in raw food. They give cells an identity, and allow cells to communicate with each other to enhance the immune system and distinguish it from foreign antibodies. Cooking easily damages glycosides. In closure evidence suggests that a raw food diet helps create good nutrition without negative effects including fat production. The term "perfect health" cannot even be defined, but health has many avenues. Overall, it's probably easier to detox the body than detox the mind! As in all aspects of life the choice is yours. Choose wisely and remember that evolution did not account for cooking!



www.rawvolution.com



SCOTT JOSEPHSON, M.S., R.D.

is the Director of Spa and Wellness at Barton Creek Resort and Spa, a premier five diamond property in Austin Texas. Scott is a national level conference speaker throughout the United States and Canada, and is frequently published covering a wide range of industry topics. In addition to several certifications, he holds a masters degree from the University of Miami and is on the advisory board of the American Fitness Professionals and Associates.

ECA/NYC 2007

This was my first ECA event and I loved every minute of it! I have attended 20 years of conferences on the west coast and found the ECA conference to be one of my best experiences. Warren, from Florida, has been trying to get me to ECA for years. I now understand what he has been talking about all these years. I loved the site and the hotel, what a great experience. I will be back next year, it is on my calendar ! ! ! ! I found the presenters the best in the industry and the whole experience surpassed my expectations. I loved the small size of the classes, the closeness with the presenters and their non diva attitudes. What a treat! They seemed to care we were in their classes. I did not have one class that was not worth my trip to New York from California. Your staff was very helpful and Marty went out of his way to make sure we had everything we needed. It was beyond what I had hoped it would be.

Thank you, thank you, thank you...

Teresa Estill

Los Gatos, CA



Hello Carol, I hope you are well. Just a BIG Thank You again for the fantastic convention in New York!!! It just gets better and better each year!!! So much we could fit in this year, the 15min gap you're allowed to have between sessions allows you to do more! Great! The presenters was as usual AWESOME! I didn't even think of the cold. I was so glad to see the leaflet next year is still in New York!!! Whoohoo!!! I really get a boost after attending the conventions, all the new ideas, and just the fun of attending. I have to say the DRUMS ALIVE was fantastic, made you feel like a kid again. But then again you can't single one session out, they were all fantastic!!!! Thank you so much for the ongoing education we receive from your conferences, when one is done I am already looking forward to the next.

Thank you again for the wonderful convention!!!
Kind Regards
Colette



Convention Highlights

Carol and Lilli,

What can I say other than I LOVE YOU! Thank you so much for everything. You have created something awesome and it just keeps getting better.

You guys have shown me so much love, I don't know what to do with it all.

I had a blast this weekend. Thank you again for providing an amazing platform and the opportunity for me to live my dream. Please let me know if there is anything I can do for you.

Keep grooving
Goddesses of NY.

love you,

Misty Tripoli



Misty Tripoli, ECA Presenter and 2007 OBOW Winner!

HI Carol -

I want to post on my website the award from eca I received, "Never Skipped a Beat Award" And I really do thank you for that award. It felt great to be appreciated really!



Thank you !
Patricia Moreno

"Never Miss A Beat Award" is an honorary award presented to Patricia

Moreno for consistently providing creative, innovative and inspiring sessions since ECA first began in 1991.

2007 OBOW Winners

Best Male Presenter: Juan Carlos Santana

Best Female Presenter: Lisa Wheeler

Best Rising Star: Shaun Thompson

Best International Presenter: Dean Hodgkin

Lifetime Achievement Award: Sherry Catlin

Best Class Adapted From Another Discipline: Misty Tripoli

Best Mindful Program: Lauren Erik

Never Missed A Beat Award: Patricia Moreno

20 Years in Fitness: Jeff Martin



Conservation International, had a strong presence at our convention this year. They were the sponsored charity of our One Body One World evening. Their mission is to conserve the Earth's living natural heritage, our global biodiversity, and to demonstrate that human societies are able to live harmoniously with nature. While ECA was able to donate monies towards this important cause, it is encouraged that you look at their website and continue to support this global effort. www.conservation.org



Convention attendees trying out the GyroSpace are actually performing an intense isometric exercise and having fun while doing it.

ECA/NYC 2008 will be February 7-10th at the Marriott Marquis. You can finance this exciting three day event using our new electronic funds transfer services. We will be accepting monthly check or credit card payments from July 15 till January 15. This affordable \$59.00 monthly payment will register you as a full time ECA attendee with "early bird" registration status. For more information, call ECA at 516-432-6877.



ECA HAS A NEW JOB PLACEMENT SERVICE FOR BOTH JOB SEEKERS AND EMPLOYERS.

ECA has a new job placement service for both job seekers and employers. Pathfinder® and Pathmaker® were developed to help ECA members find and benefit from new opportunities within the fitness industry. The Pathfinder® service will include resume development and job placement within the fields of sales and management, front desk, group exercise, personal training, wellness, and life coaching, to name a few. The Pathmaker® service will assist the employers in finding the right candidates for their open positions. Pre-screening, and customization of services to meet specific needs will be offered to help find the right people for their organization.



FOR MORE INFORMATION ON ECA'S NEW SERVICE, CONTACT US AT WWW.ECAWORLDFITNESS.COM OR AT PATHFINDER@ECAWORLDFITNESS.COM.

GRAPEVINE



eca/Thrive 2007 event, formally known as ECA/Miami, has moved up the coast and will be held at the elegant oceanfront Marriott Harbor Beach Resort and Spa in Ft. Lauderdale, from October 4th to 7th. There will be over 13 pre and post convention programs on Wednesday, October 3rd, Thursday, October 4th, and Monday October 8th. During the four day convention, there will be 192 workshops, lectures and seminars that provide continuing education credits, scheduled networking opportunities, a full fledged trade show and various social activities. Early registration cost ranges from \$99 to \$329 and ends on August 25, 2007. Final registration ends on September 18, 2007. For more information and to register online, visit www.ecaworldfitness.com or call 516-432-6877.



Electronic funds transfer services are now in operation for the ECA/OBOW 2008 New York City event. You can now finance this exciting three-day New York City event on a monthly basis so as not to incur a large one time fee. We will start accepting monthly check or credit card payments from July 15 till January 15. This easy and affordable \$59.00 monthly payment will register you as a full time ECA attendee with "early bird" registration status. This event will be at the Marriott Marquis in the heart of Times Square. For more information, call ECA at 516-432-6877 or visit www.ecaworldfitness.com.

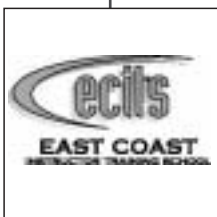
ECA has a new job placement service for both job seekers and employers. Pathfinder[®] and Pathmaker[®] were developed by Qameliyan Fitness and Lifestyle Consulting and will be the programs used to help ECA members find and benefit from new opportunities within the fitness industry. The Pathfinder[®] service will include resume development and job placement within the fields of sales and management, front desk, group exercise, personal training, wellness, and life coaching, to name a few. The Pathmaker[®] service will assist the employers in finding the right candidates for their open positions. Pre-screening, and customization of services to meet specific needs will be offered to help find the right people for their organization. For more information about this new ECA member service, please email pathfinder@ecaworldfitness.com.



Long time ECA presenter and friend, Lawrence Biscontini, has set up a scholarship for a personal trainer, group exercise instructor or club manager who is interested in attending our ECA/ NYC 2008 convention. This all expense paid scholarship is available to someone who for financial reasons would not otherwise be able to attend. The application for the Biscontini Scholarship can be downloaded from either www.findlawrence.com or www.ecaworldfitness.com. The application must be submitted by November 1st, 2007 to the addresses shown in the downloadable form. The Selection Committee will announce the award winner by January 5, 2008.

A new Stott Pilates Studio and Training Center has opened its doors in New York City's Tribeca area. This new space is fully equipped with the complete line of Stott Pilates equipment for both classes and training programs. For more information visit www.mysportsclubs.com or call 1-800-910-0001 x261.

Congratulations to April James of Titusville, New Jersey. April won a free ECA/ NYC 08 Conference Registration after emailing her response to our NYC '08 questionnaire. April's questionnaire was randomly picked and was one of many we received back.



Myrna Brady, ECA presenter and owner of Qameliyan Fitness and LifeStyle Consulting, has joined the East Coast Instructor Training School staff. She has over fifteen years combined human resources management and fitness experience. ECITS is a fully licensed school under New York State licensed Department of Education, and is a nationally recognized school and provides job placement services.

Institute for Human Performance are offering **professional mentorships** for fitness enthusiasts, personal trainers, coaches, therapists, and other fitness and allied health professionals. The purpose is to provide a nonthreatening learning experience that enhances practical knowledge. The participant learns at their own pace, and receives a certificate of completion that may be petitioned for CEU's from national organizations. For more information, visit www.ihp.com or call 561-620-9556 for more information.



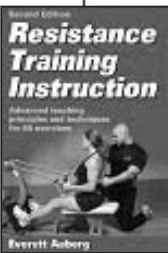
Body Bar System's new product Body Bar Flex has won an ION® award in the category of Personal Training Aid of the Year. The new Body Bar Flex Power looks and feels similar to the regular Body Bar Flex, weighs in at approximately two pounds and offers resistance ranging from zero to 40 pounds when bent into an arc. For more information, contact Body Bar at www.bodybars.com or call 1-800-500-2030.

**There will be a product review in our next newsletter.*

BOOKS

Resistance Training Instruction, by Everett Aaberg.

Ensure optimal results for your clients with the most efficient training and teaching techniques for resistance exercise. In addition to helping fitness clients, our reviewer felt that this book would be useful to any physical education teacher or sports coach that works with students. Our reviewer really enjoyed how the author broke down every exercise and technique into its simplest form. The step-by-step instruction really makes it easy to learn, and the color illustrations are outstanding. Any personal trainer, teacher, or coach can learn these new exercises and techniques just by looking at the illustrations. For more product information, contact www.humankinetics.com.



Athletic Development by Vern Gambetta.

Our reviewer liked this book because it described and discussed functional skills needed for specific sports. The author included assessment tools for assessing all athletes too. We felt the illustrations could be a larger and more clear. But overall it is a good resource and contains a lot of functional knowledge. For more product information, contact www.humankinetics.com.



The A-List by Alyssa Shaffer

Fitness Magazine's Fitness Director wrote this new book on top celebrity trainers workouts and how you can achieve a "Hot Hollywood Body." The person who reviewed this book LOVED IT! She said that there was a great collection of exercise plans targeting problem areas as well as all body parts with great anatomical drawings. In addition, it was insightful to read about the celebrities, "tricks of the trade," had great recipes and tips, and overall was informative and fun to read. For product information, contact www.amazon.com.

VIDEO

Duncan Wong Yogic Arts: Souce Power. This is the latest release in celebrity yoga master Duncan Wong's DVD practice series. It is memorable for its timeless, almost hypnotic black and white visual style. Wong expertly performs asana in a meditation room adorned with statues and shrouded in mist, the DVD bears a cinematically introspective quality that at times inspires a sense of focus and presence. While it may come up short in the explanation department, the program excels in providing a dazzling display of proficient expression. The concept of "source power" is not explicitly discussed, but watching Wong guide a 100-minute flow-style workout or two 50-minute focused workouts, it becomes apparent that it's all about cultivating abdominal awareness and strength through attentive breath work. For more information or to purchase, visit www.amazon.com.



FORZA by Ilaria Montagnani is a super charged workout based on authentic Japanese sword fighting moves. Ilaria teaches you the basic cuts and strikes, and will guide you in a choreographed sword fighting routine. Our reviewer loved the workout especially the power felt while wielding the wooden forza sword. This workout is intense physically yet calming mentally. It has a zen feel to it and while getting physically stronger, you are also training your mind. For more product information visit www.powerstrike.com. Purchase this DVD at our ECA online store: www.ecaworldfitness.com/store.



ONE BODY ONE WORLD



According to the NRDC: Polar Bears are on Thin Ice!

Polar bears are completely dependent on Arctic sea ice to survive, but 80 percent of that ice could be gone in 20 years and all of it by 2040. Polar bears are already suffering the effects: birth rates are falling, fewer cubs are surviving, and more bears are drowning.

WHY IS THIS IMPORTANT?

Without federal protection, the polar bear could become the first mammal to lose 100 percent of its habitat to global warming. And global warming is the leading threat to our planet as a whole. During the past 200 years, our industrial economy has overloaded the earth's atmosphere with carbon dioxide, trapping the sun's heat and causing the planet to warm up. Today, the United States is the world's leading source of global warming pollution, produced mostly by coal-burning power plants and automobiles. A rise in global temperature of one degree Fahrenheit has already caused the polar ice cap to shrink, malaria and other illnesses to afflict more people, and heat waves, wildfires, droughts, and hurricanes to intensify. Allowing temperatures to rise more than another 2 degrees Fahrenheit threatens to trigger the irreversible melting of the Greenland ice sheet, a 20-foot rise in sea levels, and the extinction of species, including the polar bear. Our only chance to avert such catastrophic outcomes is to act now to reduce global warming pollution. Stabilizing the world's climate demands that the United States cut its carbon emissions 25 percent by 2020 and 80 percent by 2050. NRDC has a comprehensive plan for reaching that ambitious target. We are working to secure new laws and policies -- both state and federal -- that set mandatory limits on global warming pollution. We must move America beyond oil by promoting the widespread adoption of fuel-efficient vehicles, clean fuels and public transit that turn down the heat on global warming. And we're championing measures to renew our energy future by rewarding energy efficiency and requiring utilities to generate 25 percent of their electricity from zero-pollution, renewable sources like wind, solar and geothermal power.

Please join the NRDC Action Fund's campaign cut global warming by 25 percent by 2020 and 80 percent by 2050, visit http://www.nrdconline.org/campaign/actionfund_globalwarming107 for more information.

POLAR BEAR FACTS:

More than 25 percent of the world's polar bear populations are already in decline.

The polar bear is considered a marine mammal -- like walruses, seals and whales -- because its main habitat is sea ice.

The Arctic may be virtually free of summer sea ice by 2040 -- and without sea ice, polar bears cannot survive.

As sea ice decreases, polar bear females may not gain enough weight to reproduce cubs with enough insulating fat -- jeopardizing their ability to survive.

Polar bears, the world's strongest swimmers, are being forced to swim further and further to ever-distant ice floes. Four were found drowned in the Bering Strait.

Newborn cubs were crushed to death when their snowy dens collapsed from unseasonable rains.



Green Mountain Coffee Roasters

are proud to present Gombe Reserve, in cooperation with the Jane Goodall Institute. To protect the

chimps and their dwindling habitat, "Dr. Jane" has expanded the focus of her work to include their human neighbors. She understands that improving the standard of living for local citizens is vital to preserving the fragile Gombe ecosystem. So she introduced Green Mountain Coffee Roasters to members of the Kalinzi cooperative, a coffee-growing community of 2700 small-scale farmers who live near the border of the park. The rich soils, high altitude and steady rainfall of the Gombe region created perfect conditions for a coffee with hints of passion fruit and amber honey. Lindsey Bolger, the Green Mountain Director of Coffee Sourcing and Relationships, knew coffee of this quality deserved special recognition and a premium price for the farmers. Because it thrives under the shade of a forest canopy, this extraordinary coffee grows in harmony with chimps in one of their last, remaining habitats. It provides farmers an incentive to preserve the forest, a chance at economic stability, and a uniquely memorable taste profile. For more product information, please visit www.greenmountaincoffee.com or call 888-879-4627 for more information.

"Our effort to involve local citizens in restoring the forests and practicing sustainable agriculture is the most important work we can do to ensure a future for the Gombe chimpanzees and the people of Africa." — Dr. Jane Goodall

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problem.

- MOHANDAS GANDHI



Sir Richard Branson

said he would commit all profits from his travel firms, such as airline Virgin Atlantic and Virgin Trains, over the next ten years to fight global warming. The funds will be invested in schemes to develop new renewable energy technologies, through an investment unit called Virgin Fuels. Sir Richard, 56,

said that transport and energy companies "must be at the forefront of developing environmentally friendly business strategies."

Sir Richard recently launched a new Virgin Fuels business, which will invest up to \$400m in green energy projects.



In addition, Virgin Trains will become the first in Europe to use a practicable blended fuel which can significantly reduce CO2 emissions. The Virgin Trains trial is a major

step in a national biodiesel program, conducted by Virgin Trains, the Association of Train Operating Companies (ATOC) and the Rail Safety & Standards Board (RSSB), to pioneer a sustainable fuel breakthrough for the rail industry.

As part of a trial, Virgin Trains will run one of its Voyagers on a 20 percent biodiesel blend. Sir Richard explained how this can help reduce emissions: "This is a pioneering step we're taking. If the trial is a success, and we believe it will be, we can convert our Voyager fleet to run on B20 biodiesel. We could cut our CO2 emissions by up to 14 percent. This means 34,500 tons less CO2 being emitted into the atmosphere each year, and is equivalent to taking 23,000 cars off the road. The government wants to see a reduction in transport's carbon dioxide emissions, and Virgin and the rail industry are at the forefront. We're starting with 20 percent biodiesel and hope to increase this amount to 100 percent in the future; which would potentially see 100,000 cars off the road."

Virgin CrossCountry Managing Director Chris Gibb said: "Sir Richard set out a vision that Virgin should be at the forefront of developing sustainable energy. I am really proud that it is the people at Virgin Trains who are the first to have risen to the challenge."

What is Chocamaca? It's pure organic chocolate with wild crafted amazon herbs. Founder and CEO of Amazon Herbs, John Easterling, developed this company while also providing support to many indigenous communities in the Amazon. Amazon villages are continually challenged by the logging industry and oil exploration. They now have the choice to manage their land and resources by



providing Amazon Herbs with the ingredients for their wellness products and Chocamaca. The ingredients for the chocamaca are grown in the rainforest and provide many positive properties other than great taste. For more infor-

mation, or to place an order, visit:

http://sanjivani.amazonherb.net/Chocamaca_FeaturePage.aspx Order \$50.00 or more to receive preferred pricing.

Did you know?

Shape Magazine is the #1 user of recycled paper in major US magazines.

ECO-TIP

Retailers start cutting plastic bag use.

Ikea announced that it will start charging US customers a nickel for every plastic bag they use. Proceeds from the surcharge will go to the nonprofit group American Forests to plant trees, with dual goals of restoring forests and reducing carbon dioxide emissions. Ikea also will sell its reusable bags for 59 cents, down from the current 99 cents, for customers who forget to bring their own. According to the EPA, Americans discarded more than 4.4 million tons of polyethylene bags in 2005, and only about 5 percent of those were recycled. Plastic bags waste resources, release toxins when burned, and contribute to global warming due to the energy required to make them. Bags littering the oceans also kill countless marine animals that mistake them for food.

Cut down on your waste. Bring your own cloth bags to the grocery store and think twice before taking a bag with other purchases.

CALENDAR OF EVENTS

JULY 1

Navarre, FL.

> Navarre Funfest 5K Run/Walk, Navarre Southbound Park behind Regions Bank. Call 850-803-8134 for more information.

JULY 8

Carlsbad, CA.

> 2007 Carlsbad Triathlon, Tamarack Surf Beach. Call 760-602-7515 or visit www.carlsbadtriathlon.com for more information.

JULY 12-15

New York, NY.

> intenSati Teacher Training Workshop
Contact: Erika Shannon at erika@intensati.com or 917-742-3204 Website: www.intensati.com.

JULY 15

Granby, CT.

> AFAA Step Skills and Choreography Training. Farmington Valley YMCA. Call 860-653-5524 or visit www.afa.com for more information.

JULY 22

Helena, MT.

> Vinyasa- Flowing Through The Charkras with Seane Corn at the Feathered Pipe Foundation. Call 406-442-8196 or visit www.featheredpipe.com for more information.

South Windsor, CT.

> AFAA Practical Pilates Training. Kore Fitness. Call 860-841-2633 or visit www.afa.com for more information.

JULY 26-29

Orlando, FL.

> Stott Pilates Intensive Mat-Plus, A Balanced Body. Contact Dwayne Moore, at 888-672-6616 or visit miami@stottpilates.com.

JULY 27-29

Laurel, MD.

> SynergySystems® Level 1 Mat Certification with Cathleen Murakami at The Magnificent Body. Call 301-490-1992, contact carl@carlpowell.com or visit www.themagnificentbody.com for more information.

JULY 28

Lake Hopatcong, NJ.

> AFAA Kickboxing Certification workshop. Black Bear Fitness. Call 973-663-9300 or visit www.afa.com for more information.

AUGUST 4

Landover, MD.

> Pilates with Resist-A-Ball Workshop at Prince George's Sports and Learning Complex. Call 301-583-2400 or visit www.resistaball.com for more information.

AUGUST 5

Cleveland, OH.

> Cleveland Triathlon at North Coast Harbor: E. 9th at Erieside. Call 714-978-1528 or visit www.pacificsportsllc.com for more information.

AUGUST 10-12

Cape Cod, MA.

> AAAI/ISMA Education and Certification Conference. Call 609-397-2139 or visit www.aaai-ismafitness.com for more information.

SEPTEMBER 1

Anaheim, CA.

> Disneyland Half Marathon Weekend at Disneyland Resort. Call 407-896-1160 or visit www.disneyworldsports.disney.go.com for more information.

SEPTEMBER 4 - OCTOBER 23

New York, NY

> East Coast Instructor Training Program, Tuesday and Thursday evenings, East Coast Instructor Training School. Call 516-432-6877 or visit www.ecaworldfitness.com.

SEPTEMBER 7-9

Lenox, MA.

> Detox Flow Intensive with Seane Corn at Kripalu Center for Yoga and Health. Call 800-741-7353 or visit www.kripalu.org for more information.

SEPTEMBER 29 - OCTOBER 28

New York, NY

> East Coast Instructor Training Program, 4 weekend session, East Coast Instructor Training School. Call 516-432-6877 or visit www.ecaworldfitness.com.

SEPTEMBER 8

Binghamton, NY.

> Pilates with Resist-A-Ball Workshop at Binghamton University – East Gym. Call 607-777-2958 or visit www.resistaball.com for more information.

Dingmans Ferry, PA.

> Resist-A-Ball C.O.R.E. Instructor Level Two Workshop at Pike Physical Therapy and Fitness Center. Call 570-686-4300 or visit www.resistaball.com for more information.

SEPTEMBER 9-14

Lenox, MA.

> Vinyasa Flow Yoga Teacher Training with Seane Corn at Kripalu Center for Yoga and Health. Call 800-741-7353 or visit www.kripalu.org for more information.

SEPTEMBER 14-16

Scottsdale, AZ.

> Stott Pilates Intensive Reformer Workshop. Troon Mountain Health and Fitness. Call Kirk Lee at 480-538-2877 or visit troonmountainfitness@gmail.com for more information.

SEPTEMBER 15

Florence, SC.

> Resist-A-Ball C.O.R.E. Instructor Level One Workshop at Blue Cross/Blue Shield of South Carolina. Call 843-736-6042 or visit www.resistaball.com for more information.

SEPTEMBER 21- 22

The Global Mala Project is a project on UN International Peace Day to unite the global community from individual studios to yoga lineages in India to every school, community center that practices yoga. Funds and awareness will be raised that can positively effect life on earth. The following organizations that will be highlighted are: www.joinred.com, www.treesftf.org, www.warchild.org and www.youthaids.org to name a few. For more information, visit www.globalmala.org and sign up for periodic updates.

SEPTEMBER 29

Washington DC.

> The Nation's Triathlon®. Call 202-257-3472 or visit www.thenationstriathlon.com for more information.

SEPTEMBER 29 – OCTOBER 6

Umbria, Italy.

> Anusara Yoga and The Art of Rhythm with Amy Ippoliti and Ty Burhoe. For more information, call 917-847-3503 or visit www.wildspiryoga.com.

OCTOBER 5-7

Fort Lauderdale, FL.

> **eca/THRIVE! Event at the Marriott Harbor Beach Resort and Spa. Pre and Post conference workshops, 193 workshops and seminars to earn continuing education credits, and a Trade Show showcasing and selling top fitness products. Call 516-432-6877 or visit www.ecaworldfitness.com for more information.**



OCTOBER 12-14

Scottsdale, AZ.

> Stott Pilates Intensive Reformer Workshop. Troon Mountain Health and Fitness. Call Kirk Lee at 480-538-2877 or visit troonmountainfitness@gmail.com for more information.

<p>SERVICES</p>	<p>EDUCATION</p>
<p>Lake Austin Spa Fitness Director Wanted Looking for a quality individual who holds bachelors in exercise physiology or related field, a master's degree is a plus. Must be current on certifications, supervise daily operations, recruit instructors, teach group exercise classes. Please send a resume to svannostrand@lakeaustin.com or fax to 512-372-7370.</p>	<p>Are you Certifiable? Get your fitness certification through the New York State Licensed East Coast Instructor Training School with NYC and Long Island locations. Practical and academic training. Call 1-888-811-TRAIN.</p>
<p>Get Fit Today! Free Abs Download! Log onto www.fitbytracey.com for innovative, fun and challenging workout. Enter promotional code ECAFIT to get your free download.</p>	<p>ECA MEMBER BENEFITS AND SERVICES</p> <p>EDP Dental is offering ECA members, a network of private practice dentist and specialists and quality care at discounted costs with a 50% average savings on many procedures. Members can now find a professional near their home or place of work that honors the plan's reduced costs. EDP Dental has individual, couple and family dental plans. Call Jill Lubman @ 631-272-5230 OR 1-877-EASTERN, or contact her via email @jill@edpdental.com</p>
<p>East Coast Instructor Training School is looking for tutors who are fluent in Russian and Portuguese to help two students in the ECITS Certification Program. You must have the ability to translate exercise science, practical applications and testing and be in the New York city area or willing to travel to that location. Please e-mail gary@ecaworldfitness.com for more information.</p>	<p>When an ECA member has an accident, you should contact David Schure for accident coverage. How much insurance should one need for life insurance? One formula is at least 10x-15x ones income to replace the lost income. Contact him at 516-465-1186 or dschure@msn.com.</p>
<p>VOLUNTEERS NEEDED</p>	<p>ECA Members can now enjoy the services of our new liability insurance company. Please contact Markel Insurance Company at 1-800-900-1155 or 800-431-1270 x7506, for more information.</p>
<p>For ECA/TRIVE 2007 Event. October 4-7 at the Marriott Harbor Beach Resort and Spa in Fort Lauderdale on the ocean. Visit www.ecaworldfitness.com for more information.</p>	<p>FOR SALE</p> <p>3 Bedroom ranch open floor LR/DR/K full basement 1000+ square foot large, 1/2 acre treed/landscaping. Beautiful new area in Riverhead. \$400K firm. Call 631.561.1684/cell.</p>



I can accept failure,
but I can't accept not trying.
- MICHAEL JORDAN

ECA NEWS FOR FITNESS PROFESSIONALS IS A MEMBERSHIP BASED PUBLICATION THAT COMES OUT FOUR TIMES A YEAR.

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