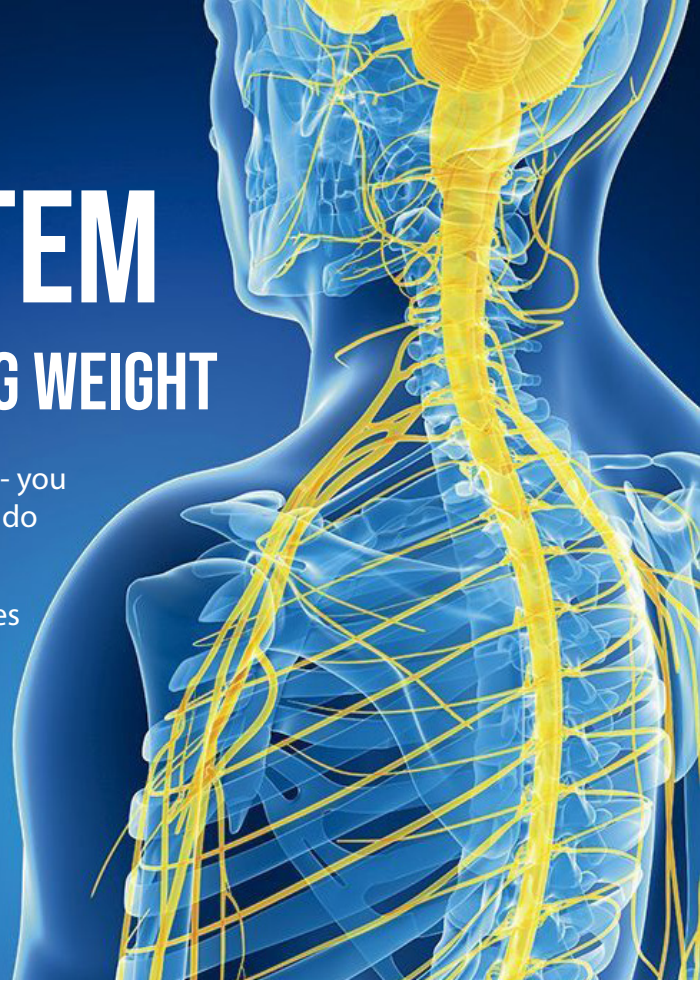


WEIGHT GAIN AND THE NERVOUS SYSTEM

THE REAL REASON YOU AREN'T LOSING WEIGHT

If you are struggling to shed unwanted weight and are unsure why - you may want to investigate your nervous system. We all have one- but do we know how to take control of it?

The autonomic nervous system is the part of our brain that regulates bodily functions beyond our conscious control. It's responsible for our heart rate, digestion, breathing, blood pressure, our immune system and hormones. When these systems are not functioning optimally due to sympathetic nervous system dominance, a frequent side effect is holding onto extra body weight. Getting out of our sympathetic nervous system (aka our fight or flight response programming), and into our parasympathetic nervous system may be the answer to many weight loss woes.



Utilize the following practices to better channel your body's innate ability to rest & digest

Book a gentle lymphatic massage in the Ballancer Pro.

Located in The Renewal Center at UAC, a state-of-the-art wave like compression system is able to simultaneously target the drainage of lymph, as well as contour the bodies of everyone who dons the space suit like technology called the Ballancer Pro. The body is gently massaged during a 20-60 minute session as the user is transported into a deeply relaxed state- stimulating our parasympathetic response, a state called "rest and digest." Users of the Ballancer Pro experience a profound sense of well-being, a detoxed lymphatic system, and a noticeably slimmer appearance. Schedule time for yourself and book a free demo!



[Ballancer®Pro](#)

[Click here to schedule your FREE BALLANCER PRO SESSION](#)

Incorporate meditation like Yin Yoga.

While a balanced diet and a movement practice are important foundational answers to losing weight and maintaining health-incorporating meditation could be the missing piece of the weight loss puzzle. Meditation can look different for everyone- be it a slow gentle movement practice like yin yoga, sitting down for a guided meditation, taking a leisurely walk alone in nature or simply taking a bath. Choose what works and schedule time for it. Taking the time to be slow in the preSent moment in a quiet and safe environment is very effective in stimulating our parasympathetic response. When you familiarize yourself with this state of being, you can better harness this internal state during future times of stress or anxiety through your own awareness and breath. With practice and diligence, it is possible to mold our nervous system and pull ourselves out of sympathetic dominance.



YOGA, YIN YOGA, HEATED POWER YOGA MAT PILATES AND LESMILLS BODYBALANCE ARE ALL OFFERED AND INCLUDED IN A UNIVERSAL ATHLETIC CLUB MEMBERSHIP!

