

## Your Body is Your Gym

### How to Weave Strength Training into Your Day

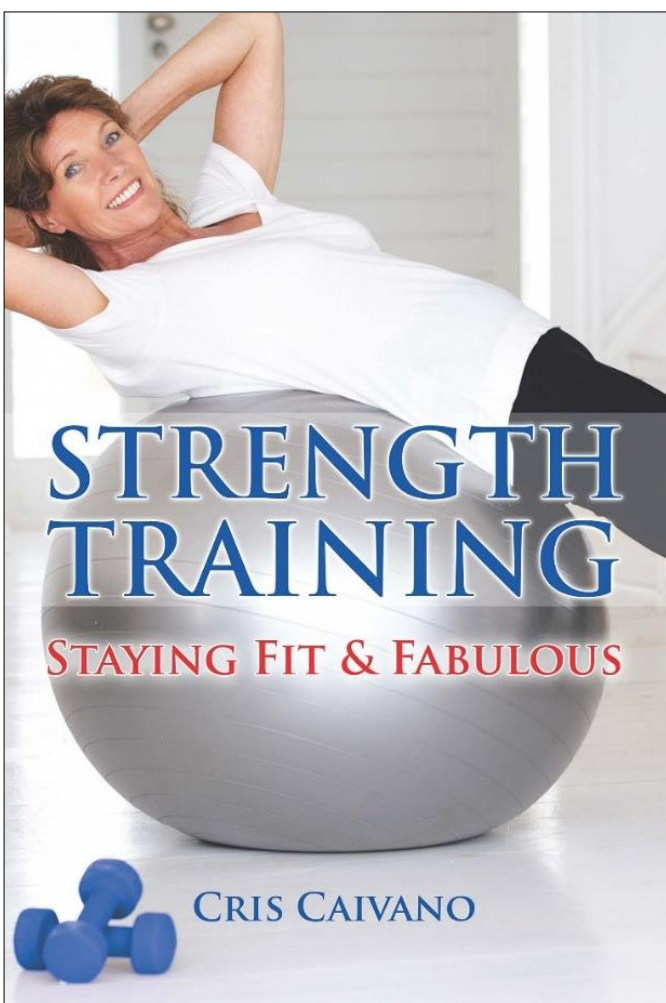
#### *Demonstration/Conversation/Book Signing with Cris Caivano*

**Saturday, April 21, 2018 10am – 11am**

**Riverside Lobby**

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As the Harvard Medical School Newsletter states, “Strength training builds **more** than muscles”. Strong muscles lead to strong bones, better balance, faster metabolism, fewer falls, less back pain, more energy, and yes, a trimmer waist. It’s important to understand, however, that our bodies are programmed to lose lean muscle mass as we age, up to about 8 lbs. of muscle mass per decade, especially after the age of 50.



Can this loss of muscle be reversed? You bet! This is the subject of long-time Master Apartments resident Cris Caivano’s recently re-published book Strength Training, Staying Fit and Fabulous (Dover).

In Saturday’s workshop/discussion, Cris will demonstrate simple yet very effective exercises from her book that you can do in the privacy of your apartment. You will learn how to weave strengthening movements into your day without hurting your body, budget, or schedule.

Wear clothes you can move in, or simply come and observe. Coffee, tea, and snacks will be provided, as well as ample time for questions and discussion.

**Contact Cris ahead of time at [cris@criscaivano.com](mailto:cris@criscaivano.com) with any specific questions you would like her to address in the workshop.**

Registration is not required but is helpful in planning for refreshments so if you are sure you plan to attend, please sign up at the front desk.

Cris Caivano, MA, is an exercise/ movement therapist, personal trainer, and certified Qigong instructor. She has worked in the field for over 30 years.

Her method is based on principles gleaned from Yoga, Pilates, Feldenkrais, Alexander, and Tai Chi/Qigong, as well as classic strength and flexibility training.

In the past, Cris taught jazz dance at SUNY Purchase, the 92<sup>nd</sup> St Y, and the Davis Art Center, Davis, CA. Cris is currently in private practice in NYC and Clinton Corners.

