

Frequently Asked Questions?

Can I hurt myself doing Essentrics exercises?

Very unlikely. Essentrics is a gentle, safe, low impact workout that is respectful to the body; no weights or equipment are used. It is recommended for men and women of all ages and fitness levels who are looking to strengthen and stretch their entire body. With that said—if you are suffering from chronic pain, an injury or illness—it's important to check with your physician before starting any new exercise regimen. We have many clients who suffer from a variety of health issues who do our technique on a daily basis who have been helped and cured by practicing the Essentrics technique for a minimum of 30 minutes each day. With any type of exercise, it is vital to listen to your own body and move at your own capacity. If you're new to the technique, have been sedentary for a while or suffer from any health issues—we do recommend you do our workout “loose like a ragdoll” until you begin to build strength in your muscles. If a movement ever feels painful or uncomfortable, it's best to stop that particular movement. It may be that you are pushing yourself too deep in that exercise. Try again another time more “loosely and gently” to see if this helps.

I'm already in great shape, what will this workout do for me?

As long as you have muscles and tendons, you will benefit from the Essentrics technique! Essentrics works the entire body—all 650 muscles in one workout: toning and slenderizing, improving posture, increasing flexibility, mobility and range of motion, rebalancing the body, relieving any pain and reducing any existing scar tissue in joints and muscles—all the while promoting a healthy cardiovascular system.

Incorporating Essentrics into your daily routine will allow you to continue to do the physical activities that you love to do—*no matter your age*—for the rest of your life. Reason being that this type of full-body movement will prevent muscle atrophy and cell death, and help slow down and reverse the aging process. It is a great complimentary or stand alone workout, that helps to improve overall performance in other activities or sports.

I've never exercised a day in my life...Can I still do this workout?

If you've been sedentary for some time and wish to incorporate some form of exercise into your daily routine—you're in the right place! The Essentrics technique is gentle and safe; we have workouts to suit all ages and fitness levels. It's best to start this workout slow and gentle "loose like a ragdoll," as this will allow you to gradually condition your body at your own pace. As you begin to increase the strength in your muscles and increase flexibility, you will be able to stretch more deeply.

I'm recovering from an injury / surgery... Can I still do this workout?

If you're suffering from an injury, are in rehabilitation due to surgery, or suffer from chronic pain or an illness—it's important to check with your physician before starting any new exercise regimen. We have many clients who suffer from a variety of health issues who do our technique on a daily basis and who have been helped by practicing the Essentrics technique for 30+ minutes each day.

To heal an injury, it is necessary to increase the flow of blood into the injured area in order to deliver the healing properties of blood while removing the poison. Stretching is one of the fastest and most effective methods of delivering blood to specific regions, which is why it is so effective in injury healing. Healing also requires rebalancing and protection of the injured area. ESSENTRICS is a rebalancing program that strengthens and stretches all the muscles around the injury, giving it a chance to heal. This technique strengthens the muscles around an injury such that these muscles can then take up the slack of the ones around the injured muscle, giving relief and time for the injured area to heal.

We recommend doing the Essentrics workout slow and gentle "loose like a ragdoll." If a movement ever feels painful or uncomfortable, it's best to stop that particular movement. It may be that you are pushing yourself too deep in that exercise. Try again another time more "loosely and gently" to see if this helps. Depending on your health issue, there may be certain exercises that need to be tweaked or eliminated from your workout until you begin to heal any existing pain or injury.

I am a runner / athlete. Will those technique improve my athletic performance?

The Essentrics technique is the perfect compliment to any type of physical activity. Popular among numerous professional athletes and Olympians—Essentrics has become a staple fitness program within many sports industries, including running, hockey, football, golf, basketball, skiing, figure skating, swimming, diving, squash, and more!

The technique is often used in conjunction with an athlete's pre-existing training program—to help strengthen, stretch and rebalance the full muscular structure, as well as increase flexibility and range of motion. Essentrics prepares the muscles and tendons to both withstand the maximum demands of one's sport and to rebound injury-free from unexpected twists, turns and stresses.

How fast will I see the benefits?

Immediately! After only one class—you'll feel lighter, more limber and notice a difference in your posture. Many people who suffer from pain or joint stiffness end up feeling mild to complete relief after completing a workout.

For weight loss, it's important to develop healthy eating habits, along with exercising on a regular basis. Consistency is the key to success!

Will Essentrics help me lose weight?

Yes! However, it is important to remember that weight loss takes more than just an active lifestyle. The Essentrics technique has assisted many people in their weight loss and toning goals when combined with a healthy, nutritious, and properly portioned diet. If you have healthy eating habits, the Essentrics technique will most definitely help you to tighten, tone, and lose weight.

Remember to try to do at least 23-30 minutes of Essentrics every day or at least 3-4 times per week to see the best results.

How many calories will I burn during a workout?

It is very difficult to give an accurate number when asked about how many calories are burned during one workout. There are many factors that come into play—variables such as height, weight, age, and even how loose and limp you keep your body during the workout will have an impact on the exact calories burned. On average a person can burn 300 - 500 calories in a 1-hour class based on level of intensity.