

## Classes



### Hatha Yoga

Tuesdays 6-7:15PM  
Fridays 8-9:15AM

[More Info/Register](#)

### Gentle Yoga

Thursdays 4:30-5:45PM

[More Info/Register](#)



### Senior Fitness

10-class series

Tues & Thurs 11-11:55AM

[More info/Register](#)

### Pilates/Strength Training

10-class series

Tuesdays 10-10:55AM

[More Info/Register](#)

### Mat Pilates

10-class series

Thursdays 12-12:55PM

[More Info/Register](#)

**Personal Training**  
([Partner Personal Training](#),  
[Fitness Training](#),  
[Rehab Training](#))

**WHS Quick Links**

## FALL CLASSES AT WHS

### Tai Chi/Qigong Fundamentals w/Jay Dunbar, PhD

Weds 6:00-7:10PM, 10-class series, begins 9/7, [Learn more...](#)

### Tai Chi w/Jay Dunbar

Thurs 6:00-7:10PM, 10-class series, begins 9/8, [Learn more...](#)

### Healthy Gut, Healthy Life w/Howard Jacobson, PhD

Tues 7:45-9:10PM, 3-class series, begins 9/13, [Learn more...](#)

### MELT as a System w/Leigh Johnson, Certified Instructor

Weds 7:30-8:45PM, 3-class series, begins 9/14, [Learn more...](#)

### Ayurveda w/Shoshanna DiBetta, Certified Therapist

Saturday 9:00AM-12:00PM, 10/1, [Learn more...](#)

### Preventing Cancer w/Howard Jacobson

Tues 7:45-9:10PM, 3-class series, begins 10/4, [Learn more...](#)

### Meditation & Healing w/Tom Spector, PhD

Tues 7:45-8:45PM, 2-class series, 10/25 & 11/1, [Learn more...](#)

## WELLNESS RESOURCES

### Educate Your Immune System

*New York Times*

by Moises Velasquez-Manoff

In the last half century, the prevalence of autoimmune disease - disorders in which the immune system attacks healthy tissue in the body - has increased sharply in the developed world. An estimated one in 13 Americans has one of these often debilitating, generally lifelong conditions. Many, like Type 1 diabetes and celiac disease, are linked with specific gene variants of the immune system, suggesting a strong genetic component. But their prevalence has increased much faster - in two or three generations - than it's likely the human gene pool has changed.

Many researchers are interested in how the human microbiome - the community of microbes that live mostly in the gut and are thought to calibrate our immune system - may have contributed to the rise of these disorders. Perhaps society-wide shifts in these microbial communities, driven by changes in what we eat and in the quantity and type of microbes we're exposed to in our daily lives, have increased our vulnerability.



Help WHS get the word out!  
Please review us on Yelp  
and/or Google+.

## Instructors and Practitioners

Melanie Dean  
[Website](#)

Shoshanna Diabetta  
[Website](#)

Dr. Jay Dunbar  
[Website](#)

Leigh Johnson  
[Website](#)

Tom Spector  
[Website](#)

Betsy Templeton  
[Website](#)

Stewart Walker, LMBT  
[Website](#)



To test this possibility, some years ago, a team of scientist began following 33 newborns who were genetically at risk of developing Type 1 diabetes, a condition in which the immune system destroys the insulin-producing cells of the pancreas.

The children were mostly Finnish. Finland has the highest prevalence - nearly one in 200 under the age of 15 - of Type 1 diabetes in the world. (At about one in 300, in the United States isn't far behind.) After three years, four of the children developed the condition. The scientists had periodically sampled the children's microbes, and when they looked back at this record, they discovered that the microbiome of children who developed the disease changed in predictable ways nearly a year before the disease appeared. Diversity declined and inflammatory microbes bloomed. It was as if a gradually maturing ecosystem had been struck by the blight and overgrown by weeds. **(source)**

## How Much Added Sugar Is Too Much?

### *NutritionFacts*

by Michael Greger, M.D.

In 1776 - at the time of the American Revolution - Americans consumed about 4 lbs of sugar per person each year. By 1850, this had risen to 20 lbs, and by 1994, to 120 lbs, and now we're closer to 160. Half of that is fructose, taking up about 10% of our diet. This is not from eating apples, but rather the fact that we're each guzzling the equivalent of a 16-oz soft drink every day; that's about 50 gallons a year.

Even researchers paid by the likes of the Dr. Pepper Snapple Group and The Coca-Cola Company, acknowledge that sugar is empty calories, containing no essential micronutrients, and therefore if we're trying to reduce calorie intake, reducing sugar consumption is obviously the place to start.

Concern has been raised, though, that sugar calories may be worst than just empty. A growing body of scientific evidence suggests that the fructose added to foods and beverages in the form of table sugar and high fructose corn syrup in large enough amounts can trigger processes that lead to liver toxicity and other chronic diseases.

Fructose hones in like a laser beam on the liver, and like alcohol, fructose can increase the fat in the liver, increasing the risk of nonalcoholic fatty liver disease, which is one of the most remarkable medical developments over the past 3 decades - the emergence of fatty liver inflammation as a public health problem here and around the globe.

These may not be messages that the sugar industry or beverage makers want to hear. In response, the director-general of the industry front group World Sugar Research Organization replied "Overconsumption of anything is harmful, including of water and air." Yes, the overconsumption of sugar compared to breathing too much.

As one author expressed, I supposed it is natural for the vast and powerful sugar interests to seek to protect themselves, since sugar takes up the single greatest percentage of our daily caloric intake.

The American Heart Association is trying to change that. Under their new sugar guidelines, most American women should consume no more than 100 calories per day from added sugars, and most American men should eat or drink no more that 150. That means one can of soda could take us over the top for the day. **(source)**

## SEPTEMBER 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
			1	2 8-9:15AM Yoga <hr/> 3
5	6 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	7  6-7:10PM Fundamentals	8 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	9 8-9:15AM Yoga
12	13 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:45-9:10PM Healthy Gut	14  6-7:10PM Fundamentals 7:30-8:45PM MELT System	15 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	16 8-9:15AM Yoga
19	20 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:45-9:10PM Healthy Gut	21  6-7:10PM Fundamentals	22 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	23 8-9:15AM Yoga
26	27 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:45-9:10PM Healthy Gut	28  6-7:10PM Fundamentals 7:30-8:45PM MELT System	29 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	30 8-9:15AM Yoga <hr/> 1 9AM-12PM Ayurveda

# OCTOBER 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
3	4 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:45-9:10PM Cancer	5	6  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	7 8-9:15AM Yoga
10	11 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:45-9:10PM Cancer	12  6-7:10PM Fundamentals 7:30-8:45PM MELT System	13  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	14 8-9:15AM Yoga
17	18 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga 7:45-9:10PM Cancer	19	20  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	21 8-9:15AM Yoga
24	25 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	26	27  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	28 8-9:15AM Yoga
31				