

FITLIFE - SCOTTSDALE

John Neel
9332 N. 95th Way #104 Scottsdale, AZ
T. 480.948.8889
E. john@azfitlife.com

Press Release
High School Yoga Instruction for Spring Sport Student-Athletes.

The practice of Yoga, the ultimate Mind-Body-Spirit lifestyle discipline, is now taking its place as a pre-season conditioning alternative for Arizona high school athletes. Teaching the benefits of flexibility and focused breathing continues to gain momentum as coaches seek new ways to condition athletes and mentally prepare them to compete at high levels.

FITLIFE of Scottsdale has developed training programs for high school student-athletes, business professionals and seniors for 14 years, is currently providing a series of one hour, on-field yoga classes designed for spring sport athletes. Horizon baseball coach Eric Kibler supports the practice of team yoga on several levels, "Yoga isn't just a body workout, it trains my players mentally, spiritually, physically and emotionally, which will help any athlete improve their quality of life and performance. When conducted as a team oriented activity, all players sacrifice together to improve." While sessions at Chaparral are for baseball players only, Paradise Valley high school opens their bi-weekly afternoon yoga class to all athletes, regardless of sport.

Classes are taught by Anton Mackey, director of *FITLIFE*'s Athletic Enhancement program and Summer Strength and Conditioning Camps. He holds a degree in Kinesiology from ASU and is a certified Strength and Conditioning Specialist through the NSCA. With a 200 hour yoga teacher training certificate, Anton is also a faculty teacher at several valley yoga emporiums with a full schedule of classes and workshops.

Under Mackey's instruction, student-athletes have embraced the program and its ability to impact body strength, balance, flexibility and mental focus. "This is not a class where everyone simply rolls around in the grass on a sunny day," he says. "The practice of yoga is highly personalized, and you can see athletes working to maintain their form and technique throughout each specific movement. The discipline is not easy, but the rewards are there. The kids love it."

Some parents consider yoga a religion, but in truth, yoga is a physical, mental and spiritual discipline, practiced to energize and balance the body. Despite their level of activity, high school athletes often suffer from limited flexibility. Yoga 'poses' designed to 'flow' together, open the chest and enhance breathing while slowly stretching muscles to facilitate expanded joint movement. This newfound freedom of movement and relaxation conditions the body against muscle-related injuries and mental pressures common to all athletes.

Regardless of age or physical conditioning, there is a measurable upside for everyone in the practice of yoga. *FITLIFE* of Scottsdale offers private and group sessions as part of their individualized training programs for beginners and advanced practitioners. Call 480 948 8889, email john@azfitlife.com or check them out online at www.azfitlife.com. Namaste.