

## THE RIGHT TONE *A weekly guide to being fit* BY SHEA GARRISON

### ANTI-AGING PROGRAM COMBINES YOGA, PILATES, TAI CHI AND DANCE

**W**orld-class fitness instructor Carol Argo believes that as we age we should adapt our workouts to the changes taking place in our bodies and minds. "We need an inspiring workout that adapts gracefully to these changes so we can continue to feel and look our best," Argo says in her newest DVD, "The Anti Aging Method."

The Anti-Aging Method is a safe, energizing workout that combines

dance movements, yoga, Pilates and tai chi to energize and strengthen your body and spirit. The workout does not jar or strain your joints or muscles, and leaves the body refreshed.

The following sequence features exercises taken from Argo's DVD. This sequence will increase the strength and power in your legs and tone your lower body. It also improves your balance and strength-

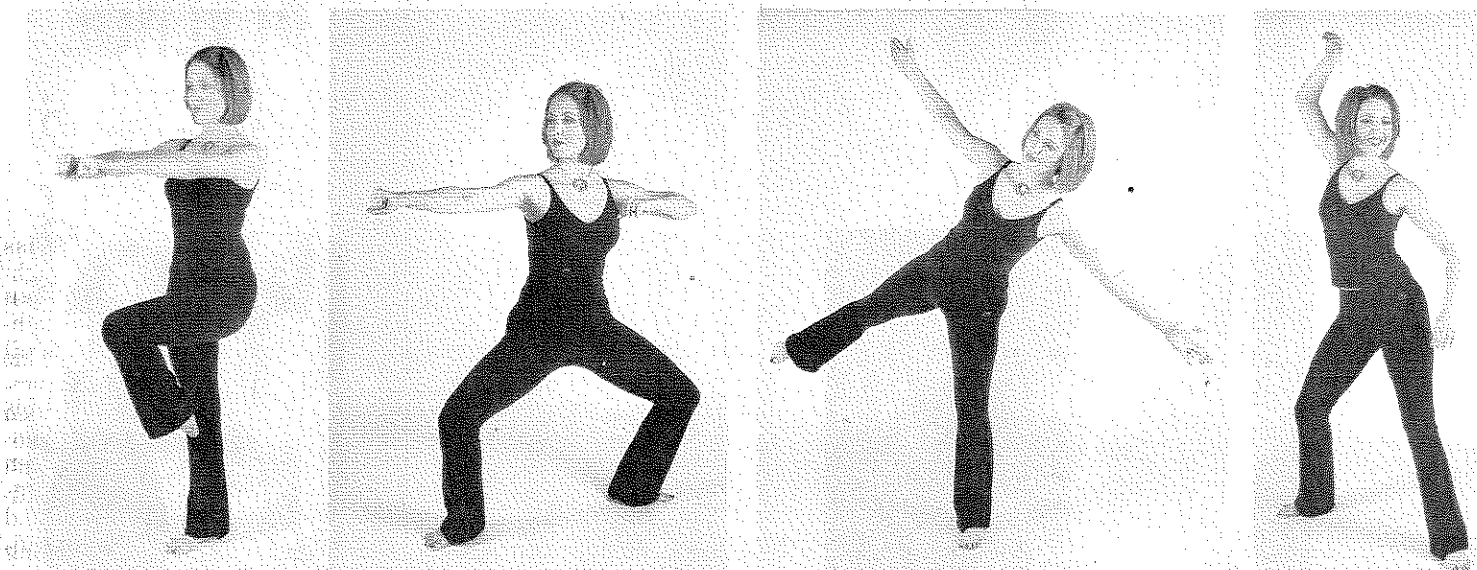
ens your abs and lower back. The short improvisational "dance" exercise is designed to free your emotions and lift your spirits.

Argo says her mission in developing the program is to inspire others to find joy and healing through movement. Exercise, she says, uplifts the spirit, helping us as we age to feel a sense of power over our lives instead of feeling overwhelmed and directed by external circumstances.

"To engage the breath and spirit while freeing your emotions can be very powerful and joyful," Argo says. Her own joy is evident in her movement as she makes the average viewer feel strong and competent.

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**1. Standing Pose:** Stand on your right leg with your left leg up, left foot by the knee. Hold your arms straight out in front of you, fists together. Hold your stomach in and stand up tall.

**2. Bow-and-Arrow Plié Squat:** With the left foot, take a wide step diagonally back into a plié squat and strike a bow-and-arrow pose with the upper body, right arm straight and left arm bent with the fist at your left shoulder. In the plié squat your legs

should be turned out and at 45-degree angles. Push back up to Standing Pose on the right leg and hold for two seconds. Repeat Steps 1 and 2 six more times for a total of seven repetitions.

**3. Half Moon Pose:** After your last Standing Pose, step out directly to the side with the left leg, transfer your weight to the left and strike a Half Moon Yoga pose, right leg lifted to the side, body at a diagonal and arms open wide to the side. Hold for 10

seconds, stomach pulled in tight.

**4.** Place your right leg down and move the upper body and hips in a rhythmic and free dance for about 20 seconds. Step back into the Half Moon Pose on the left leg, hold for 10 seconds, then bend the extended right leg and bring it into the knee to Standing Pose on the left leg. Repeat sequence 2 through 4 on the other side.

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