



## Essentrics® at CoreActive Therapy LLC

Poor posture and persistent pain are often due to myofascial mobility barriers. We are proud to offer dynamic small group classes AND 1-on-1 sessions focused on optimizing myofascial chains in the body. **Essentrics®** is a non-impact fitness program designed to rebalance the entire body by stretching and strengthening every muscle and safely moving every joint through its full functional range. It complements Physical Therapy and relieves pain, tension and joint stiffness, strengthens bones and hydrates fascia to liberate the body.

**Essentrics®** can help redefine posture and body shape, reclaim lost mobility and prevent injury, and can improve range of motion, energy, and athletic performance. This equipment-free workout is a functional strength-training program that focuses on power, pain relief, range of motion, endurance, balance, flexibility, and posture.

**Essentrics® for Athletes** - Great for athletes of all ages who want to bump up the intensity and repetitions offered in other Essentrics classes. Enhance performance and gain all the benefits of increased flexibility and strength, joint mobility, and connective tissue lubrication. This full-body workout rebalances tendons and contractile elements, strengthens every muscle in the body eccentrically, and increases range of motion, speed, and agility.

**Essentrics® Strength & Stretch** – This full-body workout combines strengthening and lengthening to engage every muscle. The technique develops lean, strong, and flexible muscles with immediate changes to posture. For men and women of all fitness levels, this program rebalances the body, prevents and treats injuries, and unlocks tight joints. Enjoy greater range of motion and increased energy with each workout!

**Essentrics® Aging Backwards** – A class aimed at regaining mobility while slowly building strength and reawakening the power of your 650 muscles. It is perfect for those who have chronic aches/pains, frozen shoulder, atrophy-related stiffness or are beginning to exercise after a sedentary period. For men and women of all ages looking for a gentle, slow tempo class.

## Ms Fit Therapy© Program

Pelvic health & continence challenges are all too common. **Ms Fit Therapy©** core + pelvic floor classes are designed to help. Poor pelvic support can manifest as back pain, sacroiliac joint pain, or even poor bladder control which affects 25-45% (Milsom et al 2019) of all adults. Poor bladder control + pelvic organ prolapse affects 30-80% (Goldstick/Constantini 2012) of female athletes of all ages - high school through masters. Young male military veterans and endurance athletes are also at risk. Years of exposure to high impact/high intensity sports, asthma/allergies, and pregnancy also increases the odds of poor bladder/bowel control.

Systematic lit reviews state that up to 40% of those participating in common core exercise programs are NOT activating pelvic floor muscles effectively to prevent or treat common dysfunctions. Also, given the prevalence of bladder/bowel dysfunction surrounding pregnancy and the impact on overall health and exercise, supervised training of pelvic floor muscles are integral to women's health programs. (Bo 2004; Morkved et al 2014)

Research based, created, and taught by CoreActive's owner, **Ms Fit Therapy©** is a comprehensive core stabilization + pelvic floor muscle program that focuses on small class size and expert instruction. **Ms Fit Therapy©** exists to educate on the three key elements: breath coordination, alignment, and graded activation. Classes focus on enhancing brain-body connection to minimize lumbopelvic dysfunction and act as an excellent supplement to a current Physical Therapy home exercise program (HEP).

Whether you're a long-time athlete striving to improve performance, or you know (or think) you are experiencing pelvic problems mentioned above - this program is for you! Improve confidence, function, and coordination in a fun and educational setting.

- Classes open to anyone age 16yrs +
- Ideal for active individuals at risk for trunk/pelvis/hip instability, pelvic organ prolapse, or bladder/bowel control issues
- Great for 6wks post-partum + and appropriate during low-risk pregnancy

