



# The Pulse

November 2015

Volume 1, Number 2

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## *We Offer a Wide Variety of Classes:*

- Yoga
- Zumba
- Silver Sneakers

## *Visit us at **ClassTheBodyPastiche.com***

- Class Descriptions and Schedules
- Workshops
- Information about Health Coaching
- Memberships

## *Virginia Eaton's Sierra News Online Blog*

<http://sierranewsonline.com/?s=virginia+eaton>

**News about Health, Wellness and Longevity in Virginia's Weekly Blog**

## *Recipe of the Month*

### **Brown Bag Apple Pie**

**Crust:**

**1-½ cups flour**

## *Waiting One's Life*

Imagine all the time we spend waiting! For traffic, in line for... well, for everything; the kids to come home, for the cake to bake - virtually every day is dedicated to some form of waiting. We get accustomed to most, if not all the forms, and in many cases we practice waiting with different types of distractions to avoid the annoyance of these involuntary pauses in our life.

One form of waiting, however, is more harmful than these tapping toe tasks, and that is waiting to improve your health. We wait until the sore back seems to improve rather than investigate why it's sore. Adding weight becomes a resolution to be "exercised" sometime in the near future. Waiting is actually worse than procrastination; at least when you procrastinate you are aware of exactly what it is you are avoiding. "Waiting" your health issues or your fitness issue is accepting inevitabilities. And that is pure crazy!

If you buy into, "Well, you know, you are getting to that age ..." you accept the concept that it's time to "wait" what's left of your life. Most all the maladies and discomforts our parents owned and waited stoically through have answers today - if not cures, avenues to reduction, medicines to relieve and sciences to anticipate better answers for.

If you wait long enough you can actually accept things as normal; warning signs, onset of issues that can be identified in time to actually cure or control.

Work on getting to your best self. Examine yourself from a position of advantage. From that position you can evaluate and take actions that challenge the word "Wait."

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## *The Body You Have*

By Karmen Karma

How do you see yourself? In other words, do you attach yourself to a wish for a different shape, color hair, or a different dress? The last two are, can be and should be fun "experiments." The former is the topic I'd like to address. We are constantly inundated with the message, "This is how you should look." In fact, years ago, I recall a commercial for a weight loss program that showed a model in workout clothes that appeared to be painted on

**1tsp salt**  
**1 ½ tsp sugar**  
**½ cups oil**  
**2 TBLSP cold milk**

**Mix together and pat into a 9 or 10 inch deep pie pan**

**Filling:**

**6-8 peeled and sliced apples**  
**½ cup sugar**  
**2 TBLSP flour**  
**½ nutmeg**  
**½ tsp cinnamon**  
**1 tsp vanilla**

**Mix together and put over the crust, pile it high.**

**Topping:**

**¾ cup flour**  
**½ cup soft butter**  
**½ cup sugar**

**Mix until crumbly (not sticking together) and sprinkle over the filling and pat it down with your hands.**

**Place pie in a large brown paper bag, fold the end over and staple closed.**

**Bake at 350 degrees for 1 hour and 45 minutes (yes, almost 2 hours!)**

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and a hairdo that was not meant for anything but pictures; her makeup was perfect as well. The narrator simply said, "Do you want this body, or the one you're in now?" I wonder how many thousands that ad sent to therapy! Ever occur to you that the body you have, the shape you have, is actually perfect or near perfect for you, already?

Let's set aside the fresh noise for now about how to make your 60s the new 20s ... besides it's all so silly, the only thing I could wear from a Victoria's Secret catalog is a scarf! And they don't sell them!

I've been dueling gravity for 20, ok, 30 years. How am I supposed to argue with something that if it didn't exist we'd all be cast into space! You can't, it's invisible and its address is *everywhere*. Ok, so the jeans are a bit tight from time to time; that is why they make larger sizes! Am I comfortable in a larger size? YES! You see the problem with us is not weight, its memory!!! We keep remembering when we were a 6... ok, ok ... so I was never a 6 ... but I'm sure if they made 6.5 I would have been one!



Really??

Fact is, if we were this size at 20 and shrunk as we got older, we'd miss not being able to hug both kids, push hubby out of bed with one big roller-derby hip check and finally stare down the salesman at the door.

You're going to have to trust me here; the body you have, you know, the one that is yours... is probably just fine. I figure it this way: if my car seat ain't complainin'... I'm fine. (Bet so are you!)

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## Count Your Blessings

The holidays are upon us, a time for family gatherings (for better or for worse) and ridiculous amounts of calories. But what about the concept of thankfulness itself? Could counting your blessings offset all those extra, cream-filled helpings of mashed potatoes, pumpkin pie and sarcasm from Aunt Doris?

The latest scientific findings are showing that the simplest acts of gratitude can actually improve your health. People who express gratitude day-to-day are being shown to have stronger immune systems, lower blood pressure and higher levels of positive emotions such as joy, optimism and happiness, not to mention feeling less lonely and isolated. Just from counting one's blessings! So this holiday season, give thanks... not



just for the abundance on your table but for all the things in your life that give you comfort – from a roof over your head, to this wonderful country we live in, to the spouse who puts up with your faults but loves you to the ends of the earth anyway... And then take it a step further – count your blessings each and every night before you go to bed. Gratitude can improve your longevity.

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## *Coming Next Month*

The Class Longevity Program: What It Can Do For You