

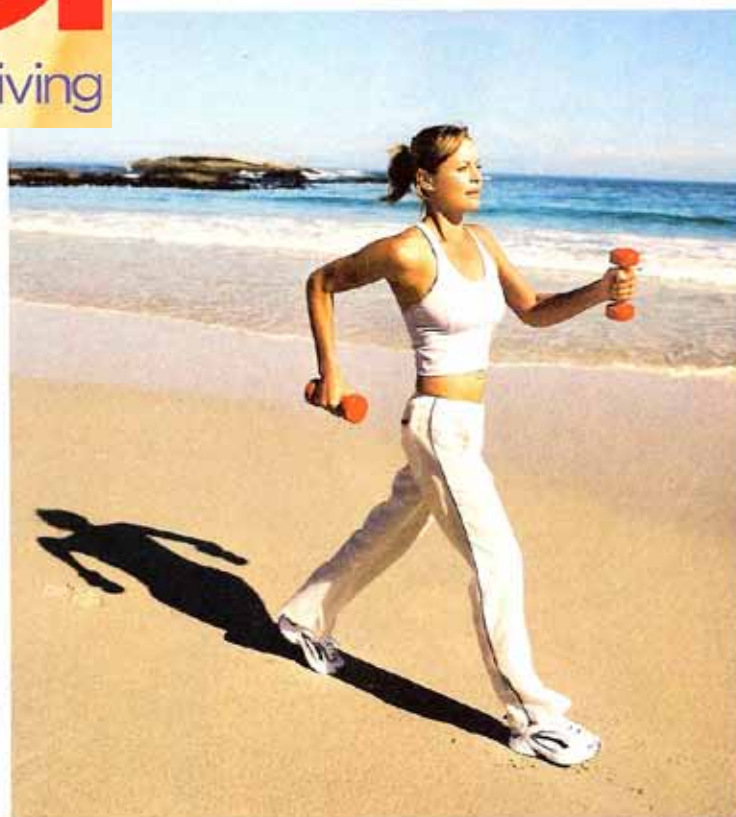
spa

travel+beauty+living

ask the expert

Q. Is it ever too hot to exercise?

A. Yes, according to Fred DeVito and Elisabeth Halfpapp, a husband-and-wife personal trainer team and the co-creators of Core Fusion at Exhale Spas. "When heat and humidity register in the nineties and up, the risk of heat exhaustion, cramps, and stroke increases dramatically." Don't want to let heat ruin your workout? Hit the gym or the pool. "Logically, water exercises are the best option in hot weather, or workouts conducted in air-conditioned gyms or studios," the trainers say. But if you prefer to head outdoors, the duo suggests scheduling activities for early mornings or mid-evenings and avoiding long, high-intensity sessions. "Take frequent breaks and hydrate continuously," advise DeVito and Halfpapp. And don't forget to don loose, lightweight clothing, a hat, and sunblock. If at any point you have difficulty breathing, stop exercising. ISABELLE GULLO



walking wise

AS EASY AS IT SEEMS, there's more to walking than just putting one foot in front of the other. In fact, most of us don't step in a balanced way, whether the culprit is a weak hip or core, an extreme foot turnout, or hyperextended knees. "We all have our own style of walking, or primary movement pattern [PMP]," says Sherry Brouman, an L.A.-based physical therapist who specializes in gait training and yoga therapy. "Our PMP reveals almost everything about us—our attitudes, emotional vulnerabilities, structural traits, and physical habits, like years of wearing high heels or carrying a heavy shoulder bag." In her practice, Brouman, author of *Walk Yourself Well*, observes a client's walk, discerns any tightness or weakness, and then helps improve movement patterns through targeted exercises, physical therapy, and often yoga therapy. "Yoga and gait therapy go hand in hand," she says. "Habits displayed when you walk are displayed within every posture of your yoga practice." Yoga's emphasis on breathing is also key in gait training. "The breath is the trigger piece for a balanced walk," Brouman says. "You can't teach people to unlock their knees without teaching them to breathe properly." I.G.

WALK THIS WAY

Physical therapist Sherry Brouman shares tips on how to perfect your stride

- 1 Stand with your feet relatively straight and unlock your knees. As you walk, press into the feet from heel to toe.
- 2 Stand tall, pressing your feet down and lifting your upper body straight up to the crown of your head (don't puff out your chest).
- 3 Keep a soft belly hold (don't clench), pulling your belly button away from your waistband or shirt.

