

For Immediate Release

GET ON THE BALL with Catherine D'Aoust 's Body Ball Workout DVD

The health benefits of a body ball workout remain the same. Regardless of how fit you are, how old you are or if you suffer from low back pain, "Body Ball training is an absolutely fantastic core strengthening workout," says Catherine D'Aoust, a Vancouver personal trainer who teaches body ball workshops to massage therapists and other trainers in Vancouver and across Canada.

Catherine worked as an aeronautical engineer for Transport Canada until 1997. She then earned her MBA, became a Certified Personal Fitness Trainer and set up GAIA Adventures to empower women to achieve healthy lives and encourage their participation in outdoor recreation. A sought after trainer for business executives, Catherine has over 20 years experience in fitness training. She has been conducting regular body ball workshops across the country for the last four years.

"It trains your local (core muscles) along with your global muscle system (everything else) to achieve rapid results of improved stability and joint and back health. It works the body as a connected unit rather than independent parts. It helps you prevent back pain and injury and can help you be active and strong throughout your life. Body ball training is fun, easy to do and adaptable to any fitness regime. With the help of my new DVD 'Body Ball Workout' you can workout at home, on your time, with a Personal Trainer at your side," adds D'Aoust.

Most people with back pain are now aware that they need to 'do something' about their core if their back pain is to resolve. What should you do? There is a lot of confusion about the very definition of 'core' even among health and fitness experts. The 'core' refers to the area of your body between your diaphragm (breathing muscle that separates your chest from your abdomen) and your pelvic floor. The core consists of four primary muscle groups: transversus abdominis (deepest abdominal), pelvic floor, multifidus (deepest back muscle) and the diaphragm. This group of muscles is also called the inner unit.

Research has shown that the deep core muscles must be activated first whenever any movement occurs. They prepare us for the movement and they work to transfer loads throughout the body safely. Anyone that suffers from a pelvic dysfunction or spinal injury usually show, when tested, weakness in core muscles and improper timing and sequencing.

"By learning how to safely work on the body ball you will create a dynamic and powerful core. This will offer tremendous strength and stability for the low back, hips and lower extremities", says D'Aoust. "And it's really a good time! It's great seeing people bouncing on the ball and enjoying their workout".

And body ball training is nothing if not versatile. In addition to working the core with specific trunk stability exercises and core ball exercises, you can also train your back, chest, shoulders and arms. Catherine D'Aoust's new DVD features 2 x 20 minutes workouts aimed at Beginner and Intermediate Levels for variety and challenge. The DVD is suitable for all levels fitness and provides detailed instructions and examples of proper form and technique.

While professionals choose the set of 2 DVDs that has been designed with their needs in mind, the single DVD has been compiled to help anyone who wants to workout at their place and pace. You can order the single DVD online at www.gaiaadventures.com/dvd.html and you're ready to go.

Catherine D'Aoust has a degree in Kinesiology and has been in the fitness industry for over twenty years. She also leads adventures for women within BC and to the Grand Canyon.

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