

Katie Johnson: Good morning and welcome to Apple A Day, Lake Region Healthcare's health and wellness show, where we feature news and information you can use to live a healthier life. I am Katie Johnson, your host, and my guest today is Natalie Knutson, no stranger to our show. She's the director of wellness here at Lake Region Healthcare, here to talk about the new year and some ways that Lake Region Healthcare, Phatty Nattie's, CrossFit and the Health and Wellness Hub can help you kick off the year with a healthy start. Good morning, Natalie.

Natalie Knutson: Morning, Katie.

Katie Johnson: You have some really exciting new classes that we want to highlight. As people oftentimes do with their new year's resolution, they're more in tune to maybe starting a new fitness routine or a new nutrition routine, whatever it might be. So I really wanted to talk about the new classes you have and also highlight in general what all of the group fitness programming we have. But let's start by talking about the new classes.

Natalie Knutson: Okay.

Katie Johnson: I'll let you pick. Which one do you want to highlight first?

Natalie Knutson: Well, I'm just going to say I'm super excited because there's literally something for everyone and they start early in the morning and they end late at night. Anyway. Well, let's just start with Mondays. So Mondays, one of our new options that's plugged in is called Pilates Flow. Back in October we brought some new certification to our crew and Pilates was one of them. Just that old traditional, really focusing on the core and breathing and technique. And so Pilates Flow is a blend of the Pilates mat class with some yoga poses.

Katie Johnson: Oh nice.

Natalie Knutson: So lots of core work, stability, that coordination piece that... I mean if you think about how your body moves, everything hinges from the waist generally. When you twist and pull and pick things up off the floor and you bend over, crawling into bed, rolling over, I mean there's so many things that stem from your core. So Pilates Flow is I would say kind of more on the relaxing end, but has some intensity with it as well with that toning aspect.

Katie Johnson: Right. That sounds like a perfect combination really of a little bit of the yoga relaxation feel, but really knowing that you are strengthening a really important part of your body at the same time. So other new classes?

Natalie Knutson: So the next one is Monday nights ends up being on Monday and Thursday nights called Kick and Burn.

Katie Johnson: Oh. Sounds like an exact opposite.

- Natalie Knutson: Exact opposite I would say. Yep, a higher intensity impactful class. Definitely get your sweat on, good calorie burner, combination of kickboxing and toning, so a little bit of weights.
- Katie Johnson: Nice.
- Natalie Knutson: Using the steps for kind of that step aerobics feel a little bit to then getting into some kicking movements which involve a lot of the core stability and balance as well.
- Katie Johnson: Right, right. And these classes we should mention are all at Phatty Nattie's.
- Natalie Knutson: These ones are at the studio, yep.
- Katie Johnson: Okay. And a couple more new classes you have. One of them I know that's been getting a lot of attention on social media that I've noticed is your Beginner Barre.
- Natalie Knutson: Yeah. The Beginner Barre. We're excited about this. This is going to be something completely different to us and the community. The first barre class in Fergus. So the Beginner Barre, it's new to us as well. So we're going to be starting with the basics. Talks a lot about posture, stems from the ballet and dance, but I want to say that I am not a dancer at all and this class was intimidating to me because of that, but really all the movements are just general stability and balance type things that we work on a lot, but just really focusing on keeping yourself tall and engaging those muscles throughout the entire class. By the time you're done, your body's burning. But it's intense in its own way, not a lot of impact. I would consider it a low impact class.
- Katie Johnson: Okay.
- Natalie Knutson: Just a lot of good toning, core stability, and posture.
- Katie Johnson: Perfect. Another class that's relatively new is the Low Pressure Fitness. Tell us a little bit more about that class and who can benefit from it.
- Natalie Knutson: Yeah. So Low Pressure Fitness was again kind of something new to me, but it's taught by one of our PTs over at Prairie Ridge, Jasey Olsen, and it's a really great class that focuses on strengthening your pelvic floor muscles, so it's great for women going through pregnancy and then post-pregnancy to help with the pelvic floor stability, but then also the abdominal muscles and the diastasis recti is what it's called, that separation. So the breathing technique helps bring that back together. It's also been known to help with sexual dysfunction, incontinence, if people have any issues with that. For a handful of people already that have gone through it this fall, it's been a game changer.

- Katie Johnson: Wow.
- Natalie Knutson: There are some people that just say, "I'm not going to jump, I can't jump or there's no way I can jump rope."
- Katie Johnson: Right.
- Natalie Knutson: It kind of removes that barrier if you practice it and it's a method that you can practice driving your car.
- Katie Johnson: That's so exciting and exciting to see so many more ways that non-medicinal approaches to healing are being brought into our gyms and our entire philosophy. Other classes, either new or traditional that you kind of want to highlight at Phatty Nattie's as well?
- Natalie Knutson: Sure. Yeah. The other one that is new again to us in the community's called Essentrics. This again kind of goes back to that functional movement concept and stability and flexibility.
- Katie Johnson: Okay.
- Natalie Knutson: This one really dives a little bit more into that and I think as we're understanding more and more about medicine and knee pain, ankle pain, shoulder pain, it generally stems from a tight body. So just continuing to keep yourself loose and worked loose and continuing to be able to just function, getting up and down off the floor, just simple day to day living is kind of what that class really punches into.
- But beyond that, I mean, I feel like when I take a look, if you're wanting to do group fitness, there's something for you. There's a timeframe for you, and I think one thing to understand is we've all been there in the beginning. We've all been a beginner at this.
- Katie Johnson: Right, right.
- Natalie Knutson: If you're nervous about getting started, that's 90% is just getting your foot in the door.
- Katie Johnson: Exactly, and once you get your foot in that door, my personal experience has been you will feel welcome, you will feel accepted and okay at whatever stage you're at and you'll get that great community support, that group support of feeling like we're in this together and we're all just here to feel better about our bodies and what we're doing for ourselves. How can people find the schedules, get registered, all that kind of stuff?

Natalie Knutson: So the schedules are on the Lake Region Healthcare website, LRHC.org, but then they both are hosted separately too, so phattynatties.com, crossfitff.com. You can find both the schedules right on there. There's links to register for classes right online. If you're not too sure and you just want to pop in and check it out, if you want to watch, or you want to come and participate a little bit. We're so laid back, come and check it out because we want you to be comfortable and we want it to be a good fit for you.

Katie Johnson: Right, and I think that's a great point. Just stop and watch and you'll get a feel for what it might be like and how you could picture yourself in the class. We should differentiate between the two locations too, CrossFit and Phatty Nattie's. Where are they and what kinds of programming happen at each location?

Natalie Knutson: Yep. So the majority of the CrossFit classes are done at the Health and Wellness Hub, which is our Mill Center building. The other I would say 75% of the classes are in the Phatty Nattie's studio, which is in the lower level of the cancer center. And then we do have a yoga class that's hosted at Mill Street Residence and a couple classes out at MState too if that's a better location for people.

Katie Johnson: Awesome. Well, again, if you're interested in more information, just hop online, search for Phatty Nattie's or CrossFit Fergus Falls, check out the Lake Region Healthcare website, we've got links to all of them there. Facebook too is a great source of information for those classes. And if you're interested in more information about any of these classes or which one might be a good fit for what your goals are, you're open to phone calls or emails as well?

Natalie Knutson: Absolutely. Yeah, you can call us at 736-8451. Otherwise, email at [wellness@lrhc.org](mailto:wellness@lrhc.org).

Katie Johnson: Perfect. Maybe to wrap up, I mentioned it's New Year's and this concept of a new year's resolution. What's your advice for making it more than a new year's resolution and making it a lifestyle change?

Natalie Knutson: So I mean we're all motivated, we're all ready to kind of flip the switch, especially now it's like this new decade concept.

Katie Johnson: Right, right.

Natalie Knutson: So what's this next 10 years going to bring? So I always say in order to make it last, even though you're so motivated and you want to make all these changes, just think of just a couple simple things you can do. Just an example is maybe increase your water intake or you know, take a look at fruits and vegetables, eliminating sugar, things like that that can kind of jumpstart your routine. But in terms of physical activity and exercise, don't feel like you have to be there every day. A good start is just two days a week, three days a week. If you make it more, great, but don't pressure yourself because once you start to fail, then you tend to just kind of say forget it.

Katie Johnson: Right, right. And that's so much more manageable when you think about it that way, as something I can do once or twice a week and build on. Great advice. Well, Natalie Knutson, the director of wellness, founder of Phatty Nattie's with exciting new information about Pilates Flow, Essentrics, Beginner Barre, Kick and Burn, and Low Pressure Fitness, all new classes along with all of the staples at CrossFit and at Phatty Nattie's. We hope that you will join us, let us help you reach your new year resolution and turn it into a lifestyle change and a longterm benefit to your health.

Natalie Knutson and Katie Johnson on Apple A Day today, wishing you a happy new year and reminding you there's so much to do here, stay healthy for it. Have a great day.