



EXERCISE IN SPURTS CAN DO THE TRICK

A new study in the journal *Medicine & Science in Sports & Exercise* suggests that three 10-minute workouts more effectively lower artery-blocking fat. Researchers at the University of Missouri-Columbia served their subjects high-fat meals - once after a 30-minute session, and another day after three 10-minute spurts, with 20 minutes of rest between. Triglyceride levels dropped an average of 15 percent after the continuous workout vs. 27 percent after the intermittent workouts.

DMN



Photos by JIM MAHONEY/Staff Photographer

Instructor Leanne Hall lines the sidewalk with votive candles, making the outdoor studio a beacon in the predawn darkness.

Who can do this: Anyone. That's the beauty of yoga. Most poses come in levels 1, 2 or 3.

The sweat factor: Pretty low. Your heart rate will get going during the swift "power yoga" moves, but it's not like an aerobics class.

The energy level: You get the boost at the end of class, after an hour of bending, stretching and contorting. Your muscles are relaxed, and you can feel your stress level decline.

The single quotient: We're talking a class full of women, pretty much all of the time.

But is it fun? Sure. It's a beautiful way to start the day.

Surprise: Just how great it is to be outdoors as the sun rises,

listening to the birds and rustle of the trees commingle with the urban sounds of traffic. It's a rare Dallas moment.

When it's over: You'll feel energized and focused.

Gear and apparel: Loose-fitting clothing, bare feet and a mat.

The place: Lee Park on Cedar Springs Avenue between North Hall Street and Lemmon Avenue. Leanne Hall also leads classes at her studio at Trophy Fitness Club.

The time: 6 a.m. — it's worth it! — on scheduled Wednesdays. E-mail leanne@trueyogainc.com to get on the e-mail list. Or call 214-522-0672 or go to www.TrueYogaInc.com.

The cost: Sunrise Yoga is free. DMN

