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## Spynga Dare to Do 30 Program with Dr. Macklin from X-Weighted: Families

Dare to Do 30 is a 30-day program where participants get unlimited yoga and cycling classes at [Spynga – The Yoga and Cycling Studio](#) in Toronto – as well as counseling on nutrition, exercise, weight loss, stress management and sleep.

What is Spynga? It's a combination workout of spinning and yoga. Founders Casey Soer and Sari Nisker opened up Spynga, The Yoga and Cycling Studio back in April 2007 in Toronto. Passionate about what they do, Soer and Nisker promote overall health and fitness in conjunction with exercise. It's with this approach in mind they formed the **Dare to Do 30** program.

This year Dr. David Macklin, family physician on [X-Weighted: Families](#), has partnered up with this program to help teach participants on how to set attainable weight loss and health goals and explain which foods provide energy and more.

If you love yoga and love spinning, or are just in the market for a new approach to physical fitness then you may want to try Spynga. I tried it and loved it! (*see my Spynga experience in our Guinea Pig blog [here](#)*).

The Dare to Do 30 program is \$160 and begins January 13th -- depending on the situation, sessions are eligible for OHIP coverage with a valid Ontario Health Card.

I interviewed Dr. Macklin and Sari Nisker to find out more about this program, what it offers, and why Dr. Macklin decided to get on board - Read the Q&A's below.

### Q&A with Dr. David Macklin:

#### **Q: What is Spynga, why yoga and cycling?**

A: Spynga The Yoga and Cycling Studio is the first of its kind to spotlight two exercise modalities, cycling and yoga, and combine them in to one workout for maximum benefits. The creators of Spynga, Sari Nisker (the yogi) and Casey Soer (the cyclist), story began when they discovered their shared passion for fitness and teaching individuals about the interconnectedness of body and mind. Their first studio opened in Toronto in April 2007 and their second shop will open in March 2010 in Thornhill, Ontario. Their signature class, The Spynga Flow, is a specially choreographed blend of indoor cycling and vinyasa yoga in one class. It is a way to shape the body and mind, adding strength and flexibility to cardiovascular health. In addition to the Spynga flow class, the studio offers strictly indoor cycling and yoga classes, wellness workshops, pre/post natal classes, kids yoga, teacher trainings, massage treatment and more.

#### **Q: How are sessions eligible for OHIP coverage? Who is a candidate for it?**

A: As I am a family physician, the program is considered group counseling. Anyone with a BMI above 27 or a weight related disease qualifies.

#### **Q: Why did you decided to get involved with this program and what kind of advice/guidance can participants expect**



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from you?

A: I got involved because the Dare to do 30 program is an excellent opportunity to address a motivated group and communicate essential information to empower them to manage a complete lifestyle effort including nutrition and weight loss. The participants can expect to learn how to lose weight sensibly and with the highest likelihood of sustainability! My guidance will include that exercise and stress management, in addition to nutrition and diet, are keys to a healthy lifestyle.

**Q: When it comes to achieving weight loss, what are the main reasons you find people don't succeed in achieving their goals, or in keeping weight off?**

A: To succeed long-term weight loss individuals need to learn how to eat the right foods and the right amounts. Without developing a balanced and sensible dietary pattern long-term success is unlikely. Most overweight individuals are conditioned to some degree to overeat. If these habits are not identified, addressed and overcome, long-term success is unlikely.

**Q: What kind of dietary advice/guidance will you be providing through this program? For e.g., do you only meet with participants once, or do you see them throughout the course of this program?**

A: Participants will be provided with the amounts and timing of the health promoting diet advised for sustainable weight-loss. The information will be provided immediately before the program starts and I will follow up a couple times with each participant through the program.

**Q: What makes this program stand apart from other weight-loss/fitness programs out there?**

A: Very few programs can say they follow the evidence based guidelines established by obesity Canada and other international medical advisory groups, this program does. The evidence based guidelines focus on healthy diet at an appropriate calorie deficient, exercise, stress management and behaviour modification. Only with all four are chances for long-term success optimized.



**Q&A with Sari Nisker, co-founder of Spynga:**

**Q: What made you and Casey Soer decide to come together and form Spynga? What was the motive behind creating this combined form of exercise?**

A: We were already a team- we have been the best of friends since age 11. It wasn't until we were both living in New York City, in 2003, were the idea of Spynga began to percolate. Casey was director of a mediated learning centre while teaching spinning on the side. Casey had just landed in NYC, after a 6 year acting stint in Los Angeles. I was a marketing manager for a brand at L'Oreal and getting beaten up in the corporate world, found my salvation in practicing and teaching yoga. Together, we would attend each other's classes and watched our bodies and spirits transform. Casey began to see that increasing flexibility and building strength improved her cycling performance greatly. Practicing yoga in addition to cycling also gave Casey the chance to see the benefits of breath work and meditation to clear the mind of hectic days in NYC. I began to see an improvement in my cardio vascular health, strengthened core and felt stronger and powerful overall as I began to incorporate cycling into my daily routine. We began to see that blending these modalities together gives the all encompassing workout, leaving you feeling cardio-fierce, stretched, and balanced in both the body and mind. We dreamt of opening our own studio that combined our passions and decided to jump into that dream in our hometown of Toronto. Our first studio opened at Bathurst and St. Clair in April 2007.

**Q: Why did you decide to form the Dare to Do 30 program, and why with Dr. Macklin?**

A: Spynga became more than just a place to do indoor cycling and yoga. Overall wellness involves more than just the physical. We wanted our students to learn more about themselves and with that we created lifestyle workshops. Last year, the Dare to

with toddlers, trends, tv, Twelve Days of Giveaways, Twenties Girl, Universal, Urban Fashionista, vacation, Valentines Day, Valentines Day Guide Giveaway, video, vitamins, web stuff, wedding, wedding blog, Wedding Guide, Wedding SOS, weddings, weight loss, wellness, women, workout, workouts, x-weighted, yoga, your call

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Do 30 program was created specifically as a New Years resolution offering to get participants to bring physical activity in their lives that goes beyond the thirty days. The 30 days is the kick off. Research shows that if you do something for 30 days straight, it becomes a habit and in this case, one that can improve the state of their health forever!

Good health is more than just physical activity. In fact, 80% of the "good health" equation is diet, while 20% is exercise. With the amount of cycling and yoga that this particular program is offering, it makes sense for participants to know what can help give them optimal results in this kind of challenge. That said, this year we decided to incorporate a weight loss element into the program for participants to learn about foods that are nutritious and provide them with energy. Dr. Macklin's empowering approach to diet and health are simple and easy to follow. His philosophy is about more than just weight loss. The Weightcare program educates participants on how eating well and increasing one's activity level decreases chances of disease, stress levels, and improves overall self-esteem.

#### Q: What can participants of this program expect?

A: Participants can expect to learn and experience how caring about what you nourish yourself with and moving your body can create wonderful change in one's life. One can expect to improve their cardio vascular health, increase their strength and flexibility, and learn a lot about themselves and the habits they have. Weightloss is subjective as everyone's metabolism responds differently.

#### Q: Can you provide any tips, activities/poses that you teach in your studio?

A: Get out and do at least 20 minutes of physical activity a day to increase circulation and blood flow in the body.

Indoor cycling and yoga are best taught under the instruction of an experienced teacher to start off. Drink at least 8 glasses of water a day to stay hydrated and keep toxins flowing out of the body. One pose that participants of yoga will visit quite a bit in classes is Downward Facing Dog. This pose gives a full body posterior stretch (back of the body), allows the blood flow to refresh the brain and strengthens arms, legs and core. Start on the floor in a hands and knees position; Bring the palms underneath the shoulders and the knees below the hips. Begin to curl the toes under and lift the hips up and back so the body begins to form a shape of the letter A. You want to try and get the weight out of the palms and shoulders by pressing the legs back using muscle energy. Keep the ears in line with the arms, the spine long and heels reaching down towards the earth. Try and hold Downward Dog for 5 breaths at a time and then come to rest into a child's pose (chest resting on the thighs) before coming back into it.

To sign up for the Dare to Do 30 challenge contact Sari Nisker at [sari@spynga.com](mailto:sari@spynga.com)

Posted By: Beach Babe

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2 Comments

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#### Tags:

Beach Babe, Dr Macklin, exercise, health and fitness, Spynga, tina taus

#### Comments:

I am part of Dare to do 30 and loving it!

Melissa

Wednesday, 20 January 2010 19:21 PM EST

My body and mind are transforming. I recommend this to everyone.

Anonymous

Monday, 01 February 2010 23:18 PM EST

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