

Thanks for "Yoga for Hope"

Dear Lucia:

Thank you for the amazing article featuring Yoga for Hope in the recent *American Fitness* magazine. You did a beautiful job of capturing the Yoga for Hope experience and sharing it with readers. We have been sharing the article with many of our supporters and everyone has been so excited to see this event get the recognition it deserves. As a grassroots structured event, this exposure for our increasingly popular event is priceless. And not just for the success of the event, but to get the message out about the benefits of yoga for both people currently battling cancer and for those celebrating their survivorship. Your words on paper are a blessing to so many.

Thank you for being part of Yoga for Hope and supporting our mission of...Connect. Inspire. Renew. Cure...through the beauty of yoga!

KENDY,
—ROBYN HIMA
SAN DIEGO, CA

Re: March 2014 Issue "Our Propensity Toward Intensity"

Just wanted to send my thanks for an important and timely article; Lawrence Biscontini's "Our Propensity Toward Intensity" will be a must-read for our fitness team! Seems everyone is chasing HIIT, Tabata and WOD bragging rights but are their workouts really in line with their desired outcome...and more importantly, are they safe? I love how Lawrence puts this into perspective. Thanks for bringing this very relevant topic into the current "fitness fold!"

—CAMMY DENNIS
OCALA, FL

Just wanted to thank you for printing Lawrence Biscontini's article "Our Propensity Toward Intensity." Besides being well written, researched, and supported by well-known instructors, the topic is long overdue to be discussed. With the CrossFit craze

and abundant boot camp and HIIT training classes, my students are feeling like failures if they don't collapse in a puddle of sweat at the end of their training sessions. When I tell them they don't have to train that hard, they bring up articles in all kinds of magazines; so I am truly grateful to have a rebuttal article from such a well respected periodical.

—ELYSSA BLUTHUIS
LENOX, IL

I just wanted to comment on your article regarding "Intensity" by Lawrence Biscontini. What a refreshing viewpoint in a sea of push push push, lower lower lower, higher higher higher!—to have someone of Lawrence's experience and knowledge break it down so simply and with wisdom. We have forgotten that killing the member only does just that—breaks them down and causes injury and lack of confidence. We will always have that front row member, but there's a lot more in the middle and back rows that maybe need a little kinder approach! I applaud you for reminding me and hopefully others!

—JEFF HOWARD
LOUISVILLE, KY



We Want to Hear From You! Send your comments, questions and suggestions via email, mail or fax.

Letters to the *Aerobics and Fitness Association of America* (AFAA) as well as *American Fitness* magazine and the AFAA websites must include the sender's real name, valid mailing address and telephone number. Names will be withheld from letters selected by AFAA for publication on request of the sender. Any such requests must be clearly stated in the letter because AFAA does not contact senders prior to publication. By submitting a letter to *American Fitness* and/or the AFAA websites, you agree that the letter and its contents are the property of AFAA, and may be edited and published in any format by AFAA in *American Fitness*, other AFAA publications and the AFAA websites, without limitation.