

wellness pod planet fitness

Wellness Pod Planet Fitness: Your Guide to Relaxation and Recovery

Are you a Planet Fitness member looking to elevate your fitness journey beyond just the gym floor? Have you heard whispers about the "wellness pods" and wondered what all the fuss is about? This comprehensive guide dives deep into Planet Fitness's wellness pods, exploring what they are, how they work, their benefits, and everything you need to know before booking your first session. We'll cover everything from the science behind the technology to tips for maximizing your experience, ensuring this post answers all your burning questions about Planet Fitness's wellness pod offering.

What are Planet Fitness Wellness Pods?

Planet Fitness wellness pods, often referred to as hydrotherapy pods or total body enhancement (TBE) pods, are a relatively new addition to many locations. These enclosed chambers utilize a combination of heat, light, and sometimes sound therapy to promote relaxation, muscle recovery, and overall well-being. They're designed to be a convenient and accessible way to incorporate self-care into a busy lifestyle. Unlike some high-end spa treatments, Planet Fitness aims to make these wellness experiences affordable and integrated into their existing gym membership options.

How Do Planet Fitness Wellness Pods Work?

The specific technology varies slightly depending on the model used in each Planet Fitness location. However, most pods function through a combination of the following:

Infrared Heat Therapy: Far-infrared light penetrates the skin, raising the body's core temperature and promoting sweating. This helps to increase circulation, flush out toxins, and alleviate muscle soreness. Think of it as a gentler, more targeted version of a traditional sauna.

Chromotherapy (Light Therapy): Different colors of light are used to purportedly impact mood and well-being. While the scientific evidence for chromotherapy's effectiveness is still emerging, many users report feeling relaxed and rejuvenated after a session.

Sound Therapy (Optional): Some wellness pods incorporate sound therapy, which uses specific frequencies or soundscapes to promote relaxation and reduce stress. This often complements the other therapies to create a truly immersive experience.

Benefits of Using a Planet Fitness Wellness Pod

The benefits touted by Planet Fitness, and supported by some research on the individual components, include:

Muscle Recovery: The heat and light therapy helps to reduce muscle soreness and inflammation, aiding in faster recovery after intense workouts. This is particularly beneficial for athletes or anyone who engages in regular strenuous activity.

Stress Reduction: The relaxing environment and sensory stimulation within the pod contribute to stress reduction. The combination of heat, light, and sound creates a calming atmosphere conducive to relaxation and mental well-being.

Improved Circulation: Increased blood flow is a key benefit of infrared heat therapy. This can improve overall health and help to deliver nutrients and oxygen throughout the body more efficiently.

Pain Relief: Many users report experiencing temporary relief from muscle aches and joint pain after using the wellness pods. However, it's crucial to note that this should not be considered a replacement for medical treatment.

Detoxification: The increased sweating induced by the infrared heat can contribute to the elimination of toxins from the body.

How to Maximize Your Wellness Pod Experience

To get the most out of your Planet Fitness wellness pod session, consider these tips:

Hydrate: Drink plenty of water before, during (if allowed), and after your session to stay hydrated and support detoxification.

Listen to Your Body: If you feel uncomfortable at any point, exit the pod immediately.

Check for Contraindications: Individuals with certain medical conditions, such as heart conditions or pregnancy, should consult their physician before using the wellness pod.

Relax and Breathe: Focus on deep, slow breathing to enhance relaxation and maximize the benefits of the session.

Time Your Session: Start with a shorter session and gradually increase the duration as you become more comfortable.

Booking Your Session and Location Availability

Not all Planet Fitness locations offer wellness pods. Check the Planet Fitness website or app to see if your local gym has this amenity. Booking procedures also vary by location, so it's best to inquire directly with your gym. Expect some wait times, particularly during peak hours.

Wellness Pods vs. Other Recovery Methods

While Planet Fitness wellness pods offer a convenient and relatively affordable option for recovery and relaxation, it's important to consider them within the context of a holistic approach to well-being. They can complement other recovery methods such as stretching, foam rolling, massage, and adequate sleep, but they shouldn't be considered a standalone solution.

Conclusion

Planet Fitness wellness pods present an accessible and innovative way to incorporate self-care into your fitness routine. While the scientific evidence supporting some of the claimed benefits is still developing, many users report experiencing significant relaxation, muscle recovery, and

improved well-being. By understanding how the pods work and following the tips outlined above, you can maximize your experience and reap the potential benefits. Remember to check with your local Planet Fitness for availability and booking information. Prioritize listening to your body and seeking professional medical advice if you have any concerns.

FAQs

1. Are Planet Fitness wellness pods safe? Generally, yes, but individuals with certain medical conditions should consult their doctor before use. Always follow the instructions provided by Planet Fitness staff.

1. How long is a typical wellness pod session? Session lengths vary depending on the location and individual preferences, but typically range from 20-30 minutes.

1. How much does it cost to use a Planet Fitness wellness pod? The cost is usually included in the standard Planet Fitness membership, though some locations might have additional fees or require reservations.

1. What should I wear to a wellness pod session? Wear comfortable, loose-fitting clothing. Some locations might provide towels.

1. Can I use the wellness pod before or after a workout? Both are acceptable, depending on your preference. Many find it beneficial to use it after a workout to aid in muscle recovery.

wellness pod planet fitness: Spartan Up! Joe De Sena, Jeff O'Connell, 2014 An introduction to Spartan Races (races meant to challenge, to push, to intimidate, to test) from one of the founding few and creators, Joe De Sena.

wellness pod planet fitness: The Greenprint: Plant-Based Diet, Best Body, Better World Marco Borges, 2018-12-31 New York Times bestselling author Introduction by Jay-Z and Beyonce

wellness pod planet fitness: Healthier Together Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • "Healthier Together focuses on real whole foods and bringing community together."—Kelly LeVeque, celebrity nutritionist and bestselling author of Body Love Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else.

Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for Healthier Together "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

wellness pod planet fitness: Naked at Our Age Joan Price, 2011-05-24 In Naked at Our Age, women and men, coupled and single, straight and gay talk candidly about how their sex lives and relationships have changed with age, and about how they see themselves, their partners, or their single life. Many of them are having unsatisfying sex, or no sex at all, and are seeking advice. Price presents their personal stories, and follows up with tips from sex therapists, health professionals, counselors, sex educators, and other knowledgeable experts. Naked at Our Age is an entertaining and indispensable guide to handling and understanding the issues of senior sex and relationships.

wellness pod planet fitness: Pilates for Everyone Micki Havard, 2021-07-20 Pilates benefits every body—including yours! Pilates is exercise for your mind, body, and spirit, but what if your body won't cooperate? How can you take advantage of all Pilates has to offer—strengthening your core, enhancing your flexibility, and even improving your posture—if you think you're too old or too big or too physically unable to perform the Hundred, the Shoulder Bridge, or the Double-Leg Stretch? No matter what your age, size, or physical ability is, you can do every exercise in Pilates for Everyone. Each Pilates exercise shows the typical movements for gaining the physical and mental benefits from that exercise. Then each exercise offers at least three variations performed by people just like you to help you find the right modification that fits who you are. This way, no matter which version you perform, you're going to reach similar goals. Pilates for Everyone includes these features: • 50 step-by-step exercises for specific body areas • Step-by-step modifications for every exercise • 10 routines that combine exercises from the book for maximum benefits • Expert advice from Micki Havard on how to get the most out of your practice --- "I'm a lead instructor trainer for Merrithew and Stott Pilates. I have spent more than two decades sharing the passion of Pilates and movements with my students and aspiring new instructors. Micki Havard has included in this book exercises and modifications suitable for everyone's needs. Micki knows how to deliver key principles so you can practice Pilates safely at home. I find Micki's book easy to follow and inspiring. Her guidance will make everyone strong!" Thicha Srivisal Pilates expert [@thichapilates](http://www.breathepilates.com.sg) --- "It's about time this book was written by Micki. Her insights in fitness, Pilates, and well-being are to be revered. Micki's perseverance on this journey to inspire and empower others is to be embraced. With her work, she encourages others to achieve their fullest potential through her belief in them, the Pilates method, and her wealth of knowledge. Literally ANY body can benePHIT from MickiPHIT. Coming from years of experience, she has channeled all of her knowledge and experience into writing this book for everyBODY. Taking away the layers of perceived obstacles by people's mindset, anyBODY can do it—and she shows you how in this fabulous book." Debbie Robbins Founder of Air Control Pilates [@aircontrolpilates](http://www.aircontrolpilates.com) --- "This book is an incredible

resource for learning movement in a way that is accessible for EVERY body no matter what stage of life you are in. Micki gives clear and detailed directions, with so many options for modifications. Her exercises are easy for you to follow and will help you achieve your goals. I love the way the photos and descriptions speak to a diverse population. Micki Havard's expert teaching will give you the confidence and strength to exercise consistently and enjoy the work every time you do it!" Jill Harris Owner of Informed Body Creator of FitSprings www.fitsprings.com @jillharrisPilates --- "Pilates for Everyone written by Micki Havard is exactly what the title implies. Micki doesn't just use words but shows readers that the statement in the title is indeed true. This vibrant book that warmly welcomes the reader into the world of Pilates clearly explains how each exercise is executed. The models, who we also learn about their background, are not Pilates statues but actual everyday people who show that Pilates can be done by everyone. The breakdown of the book—the workouts, variations, modifications, and adjustments—are excellent and show the reader that at whatever fitness level they're at, they too can move with strength and joy!" Michelle DuVall Creator of Barre Variations www.barrevariations.com @barrevariations

wellness pod planet fitness: Sacred Wealth Aly Wilkins, 2020-11-19 Sacred Wealth will support you in removing the conditioning you've been taught about money so that you can attract more financial abundance and experience more soul alignment, gratitude and intuitive guidance in every moment. This book was designed to open you up to learn how to attract financial success and opportunities with ease while also creating fulfillment, happiness and a deep trust in the Universe. Unlike most money manifesting books you'll read, this is actually an energetic healing process. Once you begin this healing work, expect miracles to flow into your life. Each chapter will help you clear, open and balance your chakra system so that your desires can flow into your life effortlessly. All it will take from you is the willingness to go there. You will be guided with compassion and love through the entire process of clearing out the old and creating the new system that will support your steady flow of abundance. We'll address the physical, emotional and energetic blockages that may be slowing down the flow of abundance (and money) in your life so that you can begin feeling the full flow of abundance and incoming miracles on a daily basis. In addition, you'll be creating the foundations for an entire new approach to your life that attracts more abundance to you. When you hold a vibration of abundance, you can attract money and other forms of abundance to you, simply through your way of being. This book is written in the format of a workbook so that you can apply every Abundance Principle shared in the book to your own life. After reading this book, you will have cleared your chakra system and seen the places that you can continue your healing journey, with a newfound mindset of abundance, prosperity and spiritual wealth. This is a book that you can re-read over and over again to deepen the learnings and embody the teachings.

wellness pod planet fitness: Full-Filled Renée Stephens, Samantha Rose, 2011-12-27 From a leading weight-loss expert, Full-Filled asks the tough questions about our relationship with food and provides an unusual program to satisfy your true cravings and create new healthy habits that will make you slim for a lifetime. With her podcasts (downloaded more than three million times), her programs, and seminars, Renée Stephens has helped countless people free themselves from emotional eating to achieve the body and life they've always desired. Now, in Full-Filled, she shares the breakthrough lessons of her popular work in a complete, step-by-step program. An intuitive and easy weight-loss guide, Full-Filled will open the door to bigger transformations in your life. Not only will you drop excess pounds with Renée's expert guidance, you will get to the root of why you eat and you will lose your spiritual weight—by identifying why you eat the way you do and finding better ways to satisfy your true hunger without food. Full-Filled's practical steps and easy-to-follow program will permanently change how you think about and behave around food.

wellness pod planet fitness: The Plantpower Way: Italia Rich Roll, Julie Piatt, 2018-04-24 A plant-fueled lifestyle guide to la bella vita, complete with 125 vegan Italian recipes the whole family will love, from the authors of The Plantpower Way. Julie Piatt and Rich Roll have inspired countless people to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, thousands of people are now living healthier and more vibrant lives. Now, with their new cookbook,

they're doing it again but with added Italian flair. If you think a healthy vegan lifestyle means giving up your favorite creamy pastas and cheesy pizzas, then think again. In *The Plantpower Way: Italia*, they pay homage to Italy's rich food history with an inspiring collection of 125 entirely plant-based recipes for the country's most popular and time-honored dishes. Julie is known for her creativity and resourcefulness in the kitchen, and her recipes will show just how rich and luscious Italian cuisine can be, without a drop of dairy in sight! Filled with fresh vegan takes on Italian staples, inventive new recipes, and stunning photographs of the Italian countryside, *The Plantpower Way: Italia* is a celebration of Italy's most delicious flavors and will show everyone a fresh, beautiful, and healthful side to Italian cooking.

wellness pod planet fitness: *Pure* Rose Bret  cher, 2016-04-07 Now a major Channel 4 series Rose Cartwright has OCD, but not as you know it. *Pure* is the true story of her ten-year struggle with 'Pure O', a little-known form of the condition, which causes her to experience intrusive sexual thoughts of shocking intensity. It is a brave and frequently hilarious account of a woman who refused to give up, despite being undermined at every turn by her obsessions and enduring years of misdiagnosis and failed therapies. Eventually, the love of family and friends, and Rose's own courage and sense of humour prevailed, inspiring this deeply felt and beautifully written memoir. At its core is a lesson for all of us: when it comes to being happy with who we are, there are no neat conclusions.

wellness pod planet fitness: *The Plantpower Way* Rich Roll, Julie Piatt, 2015-04-28 A transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, *The Plantpower Way* shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, *The Plantpower Way* has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core, *The Plantpower Way* is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. *The Plantpower Way* is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

wellness pod planet fitness: *Finding Ultra* Rich Roll, 2012 *Finding Ultra* recounts Roll's remarkable journey from an overweight 40-year-old to the starting line of the elite 320-mile Ultraman competition in a beautifully written portrait of what willpower can accomplish.

wellness pod planet fitness: *Ice Planet Barbarians* Ruby Dixon, 2021-11-30 The international publishing phenomenon *Ice Planet Barbarians*, now in a special print edition! Fall in love with the out-of-this-world romance between Georgie Carruthers, a human woman, and Vektal, an alien from another planet, in this expanded edition with bonus materials and an exclusive epilogue—in print only! You'd think being abducted by aliens would be the worst thing that could happen to me. And you'd be wrong. Because now the aliens are having ship trouble, and they've left their cargo of human women—including me—on an ice planet. We're not equipped for life in this desolate winter wasteland. Since I'm the unofficial leader, I head out into the snow to look for help. I find help all right. A big blue horned alien introduces himself in a rather . . . startling way. Vektal says that I'm his mate, his chosen female—and that the reason his chest is purring is because of my presence. He'll help me and my people survive, but this poses a new problem. If Vektal helps us survive, I'm not sure he's going to want to let me go.

wellness pod planet fitness: *Sunshine Warm Sober* Catherine Gray, 2021-06-10 The long-awaited sequel to *THE UNEXPECTED JOY OF BEING SOBER* 'Exquisite' - Fearne Cotton, Happy Place 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete

'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK What's it like to give up drinking forever? We know now that being teetotal for one, three, even twelve months brings surprising joys and a recharged body... but nothing has been written about going years deep into being alcohol-free. As Catherine Gray, author of runaway success *The Unexpected Joy of Being Sober*, streaks towards a decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for *The Unexpected Joy of Being Sober*: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

wellness pod planet fitness: *The Body Is Not an Apology* Sonya Renee Taylor, 2018-02-13 *The Body Is Not an Apology* The Power of Radical Self-Love Against a global backdrop of war, social upheaval, and personal despair, there is a growing sense of urgency to challenge the systems of oppression that dehumanize bodies and strip us of our shared humanity. Rather than feel helpless in the face of oppression, world-renowned activist, performance poet, and author Sonya Renee Taylor teaches us how to turn to the power of radical self-love in her new book, *The Body Is Not an Apology*. Radical self-love is the guiding framework that transforms the learned self-hatred of our bodies and the prejudices we have about other people's bodies into a vision of compassion, equity, and justice. In a revolutionary departure from the corporate self-help and body-positivity movement, Taylor forges the inextricable bond between radical self-love and social justice. The first step is recognizing that we have all been indoctrinated into a system of body shame that profits off of our self-hatred. When we ask ourselves, Who benefits from our collective shame? we can begin to make the distinction between the messages we are receiving about our bodies or other bodies and the truth. This book moves us beyond our all-too-often hidden lives, where we are easily encouraged to forget that we are whole humans having whole human experiences in our bodies alongside others. Radical self-love encourages us to embark on a personal journey of transformation with thoughtful reflection on the origins of our minds and bodies as a source of strength. In doing this, we not only learn to reject negative messages about ourselves but begin to thwart the very power structures that uphold them. Systems of oppression thrive off of our inability to make peace with bodies and difference. Radical self-love not only dismantles shame and self-loathing in us but has the power to dismantle global systems of injustice-because when we make peace with our bodies, only then do we have the capacity to truly make peace with the bodies of others

wellness pod planet fitness: *No Meat Athlete* Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from

the start to finish line, giving you encouraging tips, tricks, and advice along the way--

wellness pod planet fitness: *The Big Sourcebook of Free and Low-Cost Library Programming* Ellyssa Kroski, 2024-03-11 There's no need to spend hours trying to come up with creative programming ideas—bestselling library activity guru Kroski has already done all the hard work for you! Largely drawn from contributions by library workers across the country, this e-book is a cornucopia of ready-to-go activities, easily accessible resources, and adaptable tools for inspiring countless fun and engaging programs at your library. Best of all, these exciting low cost/no-cost library programs can be implemented using only free resources. Offering a broad selection of ideas for adults, tweens, and younger children that can be tailored to a variety of contexts, inside this sourcebook you'll discover seniors and older adult programming resources on such topics as genealogy, financial literacy, lifelong learning, gardening, and health and wellness; career, ESL/literacy, and just for fun programs and book clubs perfect for adults; young adult programming resources such as the Book to Action toolkit, YALSA's Teen Programming Guidelines, literacy and educational resources, computers and coding activities, live action roleplaying games (LARPS), and many more; free resources to teach financial responsibility to toddlers, lesson plans from NASA, resources to host an Earth Day event incorporating a "free trees for kids" program, StoryWalks and more ideas for children; makerspace, STEM, and art programming resources; Pinterest boards, idea lists, writing prompts, coloring pages, free books, and passive programming downloadables and printables; information about more than two dozen grant opportunities for funding programs; and planning templates, marketing tips, assessment resources, and tools for brainstorming and productivity.

wellness pod planet fitness: *Short-Term Keto* Tara Garrison, 2022-02-01 The ketogenic diet has been wildly popular for several years. In fact, you may feel like everyone you know is on the keto diet—or at least has tried to live life on the keto diet. That's where many people run into a pitfall. Keto is often seen as being unsustainable for the long term. That's where nutritionist, personal trainer, and health coach Tara Garrison comes in with her expert advice about the proven benefits of a shorter-duration keto plan. In *Short-Term Keto*, Garrison explains why the keto diet makes sense and shares success stories from people who've made it work. Then she explains how to increase your chance for success if you're new to keto or how to reintroduce carbs if you've used keto to meet your goal and need to maintain your health and weight loss. Garrison's plan enables you to customize your meals for the carb count that's right for you. She describes different eating models—One Meal a Day, Targeted Ketogenic Diet, and Cyclical Ketogenic Diet—so that you can listen to your body's cues to follow the plan that suits you best. She even includes recommendations for athletes whose carb needs may vary because of events, performance goals, and weight changes. Garrison's delicious recipes, complete with carb counts, will help you find the inspiration to feed yourself well for the long term!

wellness pod planet fitness: *Primal Endurance* Mark Sisson, Brad Kearns, 2016-01-04 *Primal Endurance* shakes up the status quo and challenges the overly stressful, ineffective conventional approach to endurance training. While marathons and triathlons are wildly popular and bring much gratification and camaraderie to the participants, the majority of athletes are too slow, continually tired, and carry too much body fat relative to the time they devote to training. The prevailing chronic cardio approach promotes carbohydrate dependency, overly stressful lifestyle patterns, and ultimately burnout. Mark Sisson, author of the 2009 bestseller, *The Primal Blueprint*, and de-facto leader of the primal/paleo lifestyle movement, expertly applies primal lifestyle principles to the unique challenge of endurance training and racing. Unlike the many instant and self-anointed experts who have descended upon the endurance scene in recent years, Sisson and his co-author/business partner Brad Kearns boast a rich history in endurance sports. Sisson has a 2:18 marathon and 4th place Hawaii Ironman finish to his credit, has spearheaded triathlon's global anti-doping program for the International Triathlon Union, and has coached/advised leading professional athletes, including Olympic triathlon gold and silver medalist Simon Whitfield and Tour de France cyclist Dave Zabriskie. Under Sisson's guidance, Kearns won multiple national

championships in duathlon and triathlon, and rose to a #3 world triathlon ranking in 1991. Primal Endurance applies an all-encompassing approach to endurance training that includes primal-aligned eating to escape carbohydrate dependency and enhance fat metabolism, building an aerobic base with comfortably paced workouts, strategically introducing high intensity strength and sprint workouts, emphasizing rest, recovery, and an annual periodization, and finally cultivating an intuitive approach to training instead of the usual robotic approach of fixed weekly workout schedules. When you go Primal as an endurance athlete, you can expect to enjoy these and other benefits in short order: Easily reduce excess body fat and keep it off permanently, even during periods of reduced training Perform better by reprogramming your genes to burn fat and spare glycogen during sustained endurance efforts Avoid overtraining, burnout, illness, and injury by improving your balance of stress and rest, both in training and everyday life Spend fewer total hours training and get more return on investment with periodized and purposeful workout patterns Have more fun, be more spontaneous, and break free from the pull of the obsessive/compulsive mindset that is common among highly motivated, goal-oriented endurance athletes Have more energy and better focus during daily life instead of suffering from the active couch potato syndrome, with cumulative fatigue from incessant heavy training makes you lazy and sluggish Primal Endurance is about slowing down, balancing out, chilling out, and having more fun with your endurance pursuits. It's about building your health through sensible training patterns, instead of destroying your health through chronic training patterns. While it might be hard to believe at first glance, you can actually get faster by backing off from the overly aggressive and overly regimented Type-A training approach that prevails in today's endurance community. Primal Endurance will show you how, every step of the way.

wellness pod planet fitness: Wellbeing, Recovery and Mental Health Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02-01 This book brings together two bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified. International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially people using and working in services, and clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

wellness pod planet fitness: Client Earth James Thornton, Martin Goodman, 2017-05-11 Environmentally, our planet lacks the laws to keep it safe and those laws we do have are feebly enforced. Every new year is the hottest in human history, while forest, reef, ice, tundra, and species are disappearing forever. It is easy to lose all hope. Who will stop the planet from committing ecological suicide? The UN? Governments? Activists? Corporations? Engineers? Scientists? Whoever, environmental laws need to be enforceable and enforced. Step forward a fresh breed of passionately purposeful environmental lawyers. They provide new rules to legislatures, see that they are enforced, and keep us informed. They tackle big business to ensure money flows into cultural change, because money is the grammar of business just as science is the grammar of nature. At the head of this new legal army stands James Thornton, who takes governments to court, and wins. And his client is the Earth. With Client Earth, we travel from Poland to Ghana, from Alaska to China, to see how citizens can use public interest law to protect their planet. Foundations and philanthropists support the law group ClientEarth because they see, plainly and brightly, that the law is a force all parties recognize. Lawyers who take the Earth as their client are exceptional and inspirational. They give us back our hope. PRAISE FOR JAMES THORNTON AND MARTIN GOODMAN 'Humanity's grace and dignity are restored each time a case is successfully brought and won ... by these exceptional environmental lawyers.' Sculpture

wellness pod planet fitness: The Circle Dave Eggers, 2013-10-08 INTERNATIONAL BESTSELLER • A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a “compulsively readable parable for the 21st century” (Vanity Fair). When Mae Holland is hired to work for the Circle, the world’s most powerful internet company, she feels she’s been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users’ personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company’s modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can’t believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman’s ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

wellness pod planet fitness: Crazy Sexy Diet Kris Carr, Sheila Buff, 2011-01-17 The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr’s best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone’s health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, “pHabulous,” “Coffee, Cupcakes and Cocktails,” “Make Juice Not War,” and “God-Pod Glow,” Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. *Crazy Sexy Diet* is a must for anyone who seeks to be a confident and sexy wellness warrior.

wellness pod planet fitness: Voicing Change Rich Roll, 2021 AT A TIME WHEN MANY ARE SEEKING INSTANT GRATIFICATION, A SHORTCUT TO SUCCESS, A PROVEN HACK TO MASTERY, OR A COMFORTABLE WAY THROUGH PERSONAL TRANSFORMATION, RICH ROLL HAS MADE HIS PROCESS PUBLIC-AN EXERCISE IN COUNTER-PROGRAMMING THAT HAS RESONATED WITH A GLOBAL AUDIENCE. Central to his ongoing quest to unlock his best self, Rich has spent the last eight years convening with unique thinkers in medicine, business, human performance, spirituality, and the arts, broadcasting the enduring wisdom of this guests through his acclaimed podcast. Each conversation is a long-form deep dive shepherded by Rich's insatiable curiosity and earnest quest for universal truths, life lessons, and the enduring inspiration that we can all benefit from. *Voicing Change* is a highlight reel of some of the weekly magic that transpires between one of the podcast medium's most influential hosts and today's most accomplished-or sometimes most cutting edge-minds and personalities.

wellness pod planet fitness: Lifespan David A. Sinclair, Matthew D. LaPlante, 2019-09-10 A NEW YORK TIMES BESTSELLER “Brilliant and enthralling.” —The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time’s most

influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it.

wellness pod planet fitness: *HAPPY* Fearne Cotton, 2017 Fearne Cotton understands how important happiness is, and why we need to seek it out each and every day. Determined to help break the taboo around mental health, here - for the first time - she opens up honestly about her own battle with depression, and the little things that help keep it at bay so she can continue trekking towards the good stuff. Including expert advice from Mind, and packed with little ideas and practical exercises so you can join in, she invites you to pick up your pencil and come on this journey with her.

wellness pod planet fitness: *You Are More Than You Think You Are* Kimberly Snyder, 2022-01-25 Blast through all the baggage in your life with this guide to everyday enlightenment from New York Times best-selling author Kimberly Snyder. Many of us think that we just aren't enough. Not good enough, not pretty enough, not rich enough, and not happy enough. But just because we think something doesn't mean it's true. *YOU ARE MORE THAN YOU THINK YOU ARE* teaches you how to revise your belief system, fulfill your deepest dreams and desires, and create an epic, successful, and inspiring life. Unlocking your True Self is the key to new levels of joy, beauty, and peace. But what is the True Self, and how can you realize its infinite potential? In this easy-to-read book, Kimberly Snyder answers these questions and shows you how to tap into this unstoppable force to transform every aspect of your life for the better. Drawing inspiration from the teachings of the great guru Paramahansa Yogananda along with personal stories and the latest scientific research, Kimberly offers simple exercises, potent ancient practices, and in-depth meditations to help you overcome negative beliefs and see yourself as you truly are—a goddess, a warrior, a lover, and a creator of your extraordinary destiny.

wellness pod planet fitness: *The Everyday Ayurveda Cookbook* Kate O'Donnell, 2016-10-11 Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that we need to find balance. In *The Everyday Ayurveda Cookbook*, Kate O'Donnell inspires you to get into the kitchen and explore this time-honored system of seasonal eating for health and vibrancy. Season by season, learn how the changing weather and environment both mirror and influence your body and appetite. Foundational everyday recipes can be adapted to any season and any dosha for nourishing, flavorful meals. Includes lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons.

wellness pod planet fitness: *The Engine 2 Diet* Rip Esselstyn, 2009-02-25 Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit—in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition—several had dangerously high cholesterol levels (the highest was 344!)—he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost

weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite. Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals. Guidelines on menu choices that will allow you to eat out, wherever and whenever you want. Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being-all without heroic effort. Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended! -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California, SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease

wellness pod planet fitness: Sleep Smarter Shawn Stevenson, 2016-09-06 Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In *Sleep Smarter* Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now.

wellness pod planet fitness: Caged Lion: Joseph Pilates and His Legacy John Howard Steel, 2020-05-20 The surprising story of Pilates-the man and the method.

wellness pod planet fitness: How to Laugh in Ironic Amusement During Your Existential Crisis McCrae, 2021-08-10

wellness pod planet fitness: The Proof is in the Plants Simon Hill, 2021-05-04 What if there was a way of eating that may help us live healthier for longer and protect the future of our planet, too? The good news is that evidence now shows a plant-based diet may offer us exactly that - and straight-talking nutritionist Simon Hill has done the hard work translating the science into actionable advice for everyday life. Before transitioning to a plant-based diet Simon held many of the common misconceptions. But instead he experienced incredible improvements in his energy levels, digestion, mental clarity and post-workout recovery after making the shift. He'd finally understood the power of food and was determined to find out - and share - the agenda-free truth about the optimum diet for human health. By undertaking a master's degree in nutrition, poring over the latest scientific papers and books, and producing hundreds of hours of his internationally successful Plant Proof podcast, Simon has pursued the answers to all the questions he had about fuelling our bodies with more plants. Now, in his first book, he brings it all together into one inspiring and practical guide. It covers: - The reasons why we're all so confused about what to eat - The evidence showing how a plant-based diet might reduce risks of heart attacks and strokes, type 2 diabetes, cancer and dementia - The positive impact of plant-based living for the climate and animal welfare - Common myths about a plant-based diet - and what the real facts are - How to build a healthy, satisfying plant-based plate, from macronutrients to micronutrients - Practical tips for making the shift, and much more. If you want to understand and unlock the many benefits of putting more plants on your

plate, this book is for you.

wellness pod planet fitness: Endless Perfect Circles Ian Walker, 2020-07-27 A professional psychologist spent his entire life believing he had no ability or interest in sport. Then, in his forties, he became a champion ultradistance athlete before breaking the world record for the fastest bicycle crossing of Europe. This journey - made entirely alone and without any support crew - went from the northernmost point in the Arctic down to the very southernmost point in Spain. Averaging 377 kilometres each day and with up to 18 hours in the saddle at a time, the total distance of 6367 km was covered in well under 17 days, knocking more than two days off the previous record. It was a journey of ultimate self-reliance. *Endless Perfect Circles* is not just a tale of sleep deprivation and eating terrible food in supermarket car parks, it is also a celebration of how tough sporting challenges offer ordinary people a path to self-improvement. Weaving his own experiences together with psychological insights, Ian Walker demonstrates the rewards we can all find from setting ourselves difficult personal goals and working out how we will rise to meet these. When I ride, my mind is both crowded and empty. The practical part of me churns, thinking all the time about navigation, shops, food, weather and lodging, seeking information about those raw essentials of life and planning dozens of contingencies. But when I look back on any given ride, even one lasting many days, I would struggle to tell you a single thought that passed through my head, because the rest of my mind has been liberated. All of life's needs have been simplified by the pure act of riding. About the author Ian Walker splits his time across two related worlds. By day, he is an environmental psychologist at the University of Bath, specialising in transport choices, traffic safety, energy consumption and water use. As you will see from his textbooks, he also teaches research methods and statistics at a whole range of levels from entry-level introductions up to doctoral level. Ian's professional interest in clean transport and traffic safety also extends into his personal life, where he takes part in ultradistance bicycle racing - an activity explored in his new book *Endless Perfect Circles*. This introduces readers to the extraordinary world of nonstop bicycle races that last for weeks at a time. It goes on to describe how Ian won a tough 4300-kilometre cycle race before breaking the Guinness World Record for the fastest ever bicycle crossing of Europe.

wellness pod planet fitness: The Bulletproof Diet Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? *The Bulletproof Diet*, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. *The Bulletproof Diet* will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. *The Bulletproof Diet* is your blueprint to a better life.

wellness pod planet fitness: Notes on Shapeshifting Gabi Abrão, 2022-09-13 Abrão's work has been described by *The Outline* as an existential funhouse of familiar thoughts that publicly grapples with pillars of its own existence within the influencer economy. Alongside *The Outline*, her work has been featured in publications such as *The Atlantic*, *Dazed*, *The Harvard Crimson*, and *The Face*, among others. In response to Abrão's work, *Dazed Magazine* wrote, Gabi debunks the myth that wellness is the preserve of the privileged, and in doing so hands it back to the masses, and *Notes on Shapeshifting* is a reminder that we are agents of the change that we seek. Gabi Abrão's

Notes on Shapeshifting is an ode to existing in physical form, fully aware of the changing energy that flows through every aspect of it. As Abrão writes, tapping into the ether body to take a break from the demands of the earth body, / making peace with ephemerality, / lightness, / shapeshifting. Throughout this collection, you are invited to travel through various states; pure infatuation to heartbreak, confidence to defeat, from a skepticism for living to a full-on trust in it. And Notes on Shapeshifting yearns to soothe and arouse along the way.

wellness pod planet fitness: *The Diabetic Muscle and Fitness Guide* Phil Graham, 2018-01-05 Evidence-based muscle building and fat loss resource written for people living with diabetes. Go to resource for rapid body redesign and strength development when living with diabetes. The book provides a deep insight into the underlying physiology of diabetes and how it influences human metabolism, nutrition requirements and examines the body's response to different types of exercise especially weights resistance exercise.

wellness pod planet fitness: *The Cultural Lives of Whales and Dolphins* Hal Whitehead, Luke Rendell, 2015 Drawing on their own research as well as scientific literature including evolutionary biology, animal behavior, ecology, anthropology, psychology and neuroscience, two cetacean biologists submerge themselves in the unique environment in which whales and dolphins live. --Publisher's description.

wellness pod planet fitness: *How to Cook Everything Fast* Mark Bittman, 2014 The secret to cooking fast is cooking smart--how you choose and prepare your ingredients and make use of your time in the kitchen. In *How to Cook Everything Fast*, Mark Bittman's latest innovative, comprehensive, must-have culinary reference, he shows how anyone can spend just a little time cooking and be able to make 2,000 innovative recipes that are delicious, varied, exciting, made from scratch, and ready in anywhere from 15 to 45 minutes.

wellness pod planet fitness: *The Happier Approach* Nancy Jane Smith, 2018-01-10 After almost 20 years of working with women dealing with anxiety and stress. Nancy Jane Smith found that one thing that prevents us from feeling happier is how we talk to ourselves. The voice that talks the loudest, is the Monger, who tricks us into beating ourselves up to become a better version of ourselves. *The Happier Approach* is a simple way to quiet the Monger, be kind to yourself and become more accomplished and productive. Through humor and storytelling Nancy Jane will share: How to unhook the belief that being kind to yourself will make you soft and cut your competitive advantage. The 3 characters that influence your ability to be happier. When your Monger has taken over and what to do next. Why your BFF can steer you in the wrong direction. How to unleash your Biggest Fan so you can make decisions for your life without shame, or guilt and be genuinely happier. You don't need to stay in survival mode. You just need a different approach...*The Happier Approach*

wellness pod planet fitness: *Food* Dr. Mark Hyman, 2018-02-27 #1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided common sense, food-industry lobbying, bad science, and corrupt food policies and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy,

social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

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