

Until My Next Adventure, You'll Find Me At The Barre! -

I'm a traveler. So last year as a sweet reward for turning 40, I planned an island hopping adventure in Thailand. Originally hoping to embark upon this journey in 2013, I was waylaid by a snowboarding accident. My badly broken right foot would need 9-12 months to heal, and Thailand would have to wait.

As my right foot finally healed in the fall, new pain in my left foot brought me limping back to the doctor who diagnosed a Morton's Neuroma. With only 3 months until the anticipated adventure, I chose to have surgery ASAP. I simply could not allow a pinched nerve to be a damper on this long-awaited journey. In early December my doctor removed the irritated nerve and so began another round of healing.

What I didn't totally grasp at the time was the physical toll a year of healing had taken on my body. I had lost muscle tone, stamina, flexibility, and in return, gained 10 pounds. My aching feet required nightly icing and I just felt old.

Once the doctor cleared me for activity, I tried hiking, my go-to exercise hobby. But my flabby physique and weak feet couldn't take it. A couple twisted ankles later, I stopped hiking.

I tried a gym. It was impersonal and I was overwhelmed with how out-of-shape I was. My fitness level was at an all-time low and I had to face a new reality: A year of inactivity combined with turning forty had sent my metabolism into a full downward spiral. A veritable nose-dive. And did I mention my feet HURT?

Then, one day I attended a Go Figure barre class. The first thing I noticed was friendliness. The second thing I noticed was the rockin' long & lean bodies all over the place. I thought, 'If this is the result of barre, I'm IN.'" The workout was unlike any other. I found myself out of breath while standing still. We stretched. We stretched more. I finished that first class feeling...well...relaxed.

I returned every day for 21 days. Kelly showed me how to protect my feet while maintaining a strong workout with good form. The three-week transformation was very real. All of my muscles were stronger, including the muscles in both feet and ankles. Walking felt good. My energy was up, stamina improved, flexibility enhanced. And a cool bonus, I had lost a solid 6 pounds. As far as I was concerned, the beaches of Thailand were ready for me.

After 22 hours of flying, my first 2 days in Bangkok were the true test. I walked the streets, sunup to sundown. My wanderings led me through mosaic temples to lush flower markets. I meandered through the night market sampling satays and Thai sausages. I roamed through countless rows of street vendors, shopping for trinkets and a fake Rolex for Luke.

From Bangkok, I met up with a friend and we took the local train to Cambodia for 3 days of temple crawling in Siem Reap. We climbed in and around the temples of Angkor Wat and for recovery I practiced stretches from class to maintain flexibility.

Our adventure continued on to the southwest coast of Thailand for a series of island-hops, searching out beaches by motorbike and exploring off the beaten path. During our travels, we jumped from ferry boats onto longtail boats, grabbing our packs and trudging up beaches to discover what each island held in store. I graduated from sneakers to flip-flops, and even found myself bare-foot a few times. My feet hadn't felt this good in well over a year.

I returned home 3 weeks later, healthy, strong and content with new adventures to tell. And yet another bonus –6 more pounds had vanished into thin air! My active lifestyle is back in full swing, and the domino effect of the Go Figure fitness method is in play!

My heartfelt thanks goes out to Kelly and Michelle at Go Figure in Scottsdale AZ for helping to put adventure back in my life!

Until my next journey, you will find me at the barre!

-Amy Denny
Owner, Alpentile
www.alpentile.com



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