

Mamma Nia



Need to recharge your routine? Looking for an unusual workout that can follow you to the shore? Nia can do both.

By Sheryl Raskin

How can one workout be all things to all people? Philadelphia area native, business guru and Nia teacher Donna Teitelman has the answer. Nia (pronounced Nee-ah) empowers people to achieve physical, mental, emotional and spiritual well-being. Almost anyone can do this exhilarating exercise class to get moving, intensify an existing regimen or just use the time to get in the zone.

Nia is inspired by the energy and movements of dance, martial arts and yoga. The routines are created so that leaders can provide a guided exploration of every muscle and joint in a one-hour session. Participants begin the workout with 12 minutes of stretching and end it with 8 minutes of relaxation and reflection, which is heaven after 40 minutes of heart healthy cardio. The benefits are strong and tone muscles, increased flexibility and reduced stress.

What makes Nia right for all levels is how the system teaches its instructors to address the diverse needs of participants. The catch phrase for Nia is that it is “the body’s way” for any body. So, the same class can serve someone who needs to bring activity back into their life after years of not exercising as well as the uber-fit participant who wants to pump up their workout. Because of this approach Nia attracts men, women and teens of all fitness levels to class. The routine is easy to follow because it matches the beat of the music exactly, but it’s not

like learning Zumba or a formal aerobics workout. Everyone is doing their own thing to get what they need. Embracing each person’s unique fitness goal and level is part of what makes the hour so enjoyable. Each Nia routine is carefully created to offer no-to-low impact options that are fun and produce a cardiac benefit; for those who want a super sweat, Donna shows medium and higher level versions of each move.

Wildly popular on the west coast and internationally, Nia has been around for 25 years, yet it is still virtually unknown in our area and Donna is one of just a few instructors in PA. She found out about the program when she subbed at a studio in north Jersey and has been hooked ever since, becoming certified as a Nia White Belt in 2007. She wants to spread the word about Nia as an interesting option to stay fit and healthy with a body-mind-spirit fitness lifestyle approach.

Nia has been written about in major publications like *Shape*, *Cosmopolitan* and *O*, the Oprah magazine. Each time Nia is in the press Donna gets calls from people wanting to know more. Getting people to try Nia is key since anyone can feel successful on their first try. You can find Nia at ATP Performance and Fitness on the 2nd floor of the historic Buck Hotel, 1201 Bustleton Pike; Donna also teaches at the Jersey shore over the summer with pre-registrations at 215-432-4455. For more info on Nia, visit www.nianow.com ©



Donna Teitelman

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