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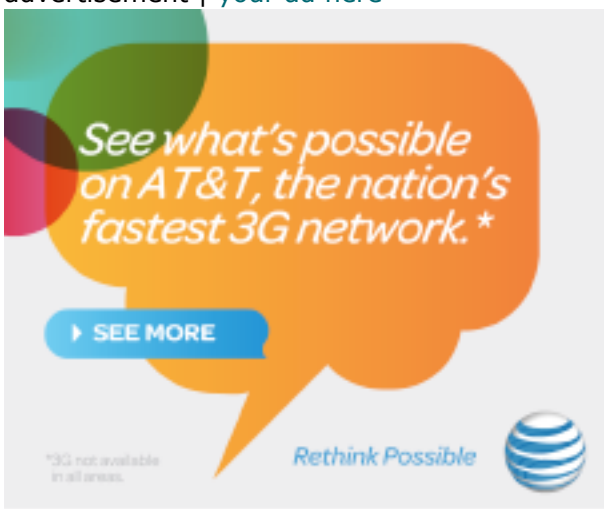

Obsession: Nia

Sam Whiting

Monday, September 28, 2009

Troy Brady, 50, of Walnut Creek is a restaurant manager who takes Nia classes twice a week. She'd take Nia every day if it were offered.

Why: Nia is a movement practice that combines tai chi, aikido, tae kwon do, modern dance and yoga(www.sfbaynia.com). It's a wonderfully balanced cardiovascular, strengthening and toning workout. And I'm not forcing myself to do something my body doesn't want to do. That's how I got hurt, on a rowing machine. We Aussies do everything too hard and too fast.

Greatest accomplishment: A fellow student mentioned recently how I have morphed in the past two years from flailing around like a live wire to having the grace and fluidity of a dancer. Score!

Gear you can't live without: NiaWear. There are fabulous pants with awesome flares and feminine tops that make twirling and swirling even more fun.

Where you train: Ace Dance Academy in Walnut Creek and 7th Heaven Yoga in Berkeley.

Time you get up in the morning: 5 a.m. I love dawn.

Best time to train: Saturday mornings at 9:30 at the Ace Dance Academy. It's a joyful, sweaty experience with eclectic music. There are no boundaries. It's kind of tribal.

Advice you'd give a rookie: Go to www.nianow.com and check out their videos and testimonials. People in America like testimonials.

Know someone hooked on a sport? E-mail swhiting@sfchronicle.com.

http://sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/09/28/DDF919GJUM.DTL

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