

DAILEY STRENGTHENING

6 Keys to Balance Core
Muscles for Optimal Health

Alice Ann Dailey

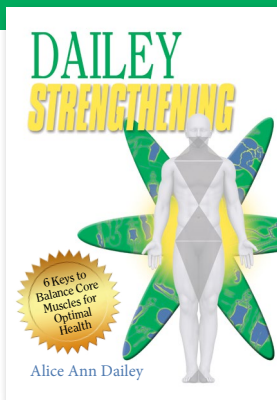
FOR IMMEDIATE RELEASE

Restore Balance to the Core from Dallas' Foremost Mind-Body Lifestyle Coach Alice Ann Dailey

Brown Books Releases *DAILEY STRENGTHENING* with 6 Keys to Optimal Health

“You can naturally reprogram muscle alignments to stay strong at the core, starting from the tip of your toes to the top of your head. This is the internal fountain of youth!”

-Alice Ann Dailey, Author, Lifestyle Coach & Exercise Physiologist



Dallas, Texas – When Alice Ann Dailey takes a student from weak to strong it doesn't take her very long! It's all about reprogramming core muscles to bring a body back to perfect balance and youthful movement. Dailey is a dancer by passion and a fitness guru by trade. She ran the Dallas Oasis Mind-Body Center for more than two decades and is now dedicated to helping everyone sustain their youth and regain the strength of their amazing, ageless bodies.

Alice Ann Dailey's new book *Dailey Strengthening: 6 Keys to Balance Core Muscles for Optimal Health* (Brown Books Publishing Group) shares her passion for teaching core strengthening exercises based on the “triangle” approach and healthy lifestyle principles to promote wellness and longevity by revealing proven anti-aging secrets emphasizing a mind-body connection.

Alice Ann Dailey shows anyone, from Millennials to Baby Boomers, how to naturally “Restore Balance to the Core” for youthful looks and more active lifestyles!

With *Dailey Strengthening*, Dailey simplifies 20 years of insight working with well-known fitness pioneers including Hollywood's preeminent Pilates instructor Ron Fletcher who was trained by exercise innovator Joseph Pilates. What she has gleaned over her career working one-on-one with the best of the best, fitness trainers, trusted doctors and loyal students, is a wealth of proven techniques that anyone can use. She distills these methods into her 6 Keys to Balance Core Muscles for Optimal Health.

“Be a good friend and converse with your body,” is Dailey's mantra. It starts with good posture and body awareness, a way to align the neck to the spine correctly, so ease of movement is sustained. With everyone slouching in chairs or hunched over computers and handheld devices suffering from tech neck and back discomfort, her advice on how to improve posture and avoid painful positions is needed more than ever.

Health and harmony is the goal with the Dailey Inner Core Workout's holistic approach to personal health, you'll learn how to care for and strengthen your entire body. Alice Ann Dailey's book outlines principles for good health and provides training with detailed, illustrated exercise plans. The method not only improves strength and posture but also helps to regulate body weight, increase flexibility, and can even reduce joint pain. In *Dailey Strengthening*, you'll find more than an exercise plan: you'll find the ingredients for a healthier body, a healthier mind, and a healthier lifestyle.

For more information about Alice Ann Dailey and *Dailey Strengthening*, please visit

www.DaileyStrengthening.com

###



To schedule an interview with Alice Ann Dailey,
please contact Anita Kasmar with The Agency at Brown Books,
Anita.Kasmar@TheAgencyatBB.com

Dailey Strengthening: 6 Keys to Balance Core Muscles
BISAC: Health & Fitness/General | ISBN: 978-1-61254-864-7
\$22.95 | www.DaileyStrengthening.com

DAILEY STRENGTHENING



6 Keys to Balance Core
Muscles for Optimal Health

Alice Ann Dailey

ABOUT THE AUTHOR

ALICE ANN DAILEY

Alice Ann Dailey, M.S., began her career as an elementary school classroom music and piano teacher. Her teaching career transitioned into physical fitness, and she became the first Pilates teacher in Dallas, Texas. She owned a successful exercise studio for two decades, Oasis Mind-Body Conditioning Center, and later taught PE Pilates at Booker T. Washington High School for the Performing and Visual Arts.

Dailey's education includes a Bachelor of Music degree in piano performance from the University of Oklahoma and a Master of Science degree in exercise physiology and a minor in nutrition from the University of North Texas, which included an internship at the Sports Medicine Clinic of North Texas in Dallas. Her master's thesis, "The Relationship of the Sit and Reach Test to Criterion Measures of Hamstring and Back Flexibility in Young Females," was published in *Research Quarterly for Exercise and Sport* 57 (3) in September 1986, with Allen W. Jackson and Alice Ann Baker. She earned an American College of Sports Medicine Fitness Instructor Certification in 1985 and the Pilates Method Alliance Gold Certified Instructor in 2005.

The author's honors include: Marquis Who's Who in Medicine and Health Care, 1997; IDEA Master Level Personal Fitness Trainer, 2000; Marquis Who's Who in Education, 2003; International Educator of Year—International Biographical Center of Cambridge, England, 2004; International Biographical Center's Leading Educators of the World, 2005. In 2001, she hosted with Ellen Locy a thirteen-and-a-half-hour fitness series, "Your Dailey Inner Body Workout."

Her mission in writing *Dailey Strengthening: 6 Keys to Balance Core Muscles for Optimal Health* is to provide the information she has learned from her students and her own self-healing experiences so that others may create a plan to maintain their body, mind, and spirit in good health.



To schedule an interview with Alice Ann Dailey,
please contact Anita Kasmar with The Agency at Brown Books,
Anita.Kasmar@TheAgencyatBB.com

Dailey Strengthening: 6 Keys to Balance Core Muscles
BISAC: Health & Fitness/General | ISBN: 978-1-61254-864-7
\$22.95 | www.DaileyStrengthening.com

DAILEY STRENGTHENING



6 Keys to Balance Core
Muscles for Optimal Health

Alice Ann Dailey

Q&A WITH ALICE ANN DAILEY

Author Alice Ann Dailey, Dallas' Pilates pioneer, is a revered fitness guru for today's health and wellness-conscious audience. She reveals six keys to developing "core posture" based on her dynamic program outlined in her inspiring book entitled *Dailey Strengthening*.

1) What was your personal inspiration for writing *Dailey Strengthening*?

Noticing the declining physical health of my mother and grandmother who both suffered from arthritis, I wished to provide people who desire to have a safe and healthy life, important fitness tools developed by a respected D.O., Amy Cochran.

2) Who was your greatest influence from the fitness world and how has this shaped your program?

Neil Pruzzo, D.O., and Conrad Speece, D.O., introduced me to the Physio-Synthesis Method, which provided the foundation for *6 Keys to Balance Core Muscles* featured in my new book. Also influential, Ron Fletcher, my Pilates Teacher trainer, who applied Pilates alignment details to standing movements, when combined with the six posture triangles, correct the unbalanced muscle groups to align properly.

3) Is your *Dailey Strengthening* program designed to benefit people of all ages and stages of fitness?

Absolutely! The Dailey Strengthening program will help all age groups understand what causes many physical problems and the correct body alignment that will help prevent continuing discomfort. Whether younger or older students have discomfort in their bodies, my program will provide information on how to retrain their muscles to hold joints in the natural, proper body alignment and return to a pain-free life.

4) How does your *Dailey Strengthening* program benefit anyone with weak core muscles and why is this so important to quality of life?

The program has a focus on all layers of core muscles. Every joint must have its deepest core muscles strong enough to stabilize the joint while the outer layer of surface muscles can move bones in a smooth, controlled fashion. If the joint is not stable (imagine trying to open a door without a secure hinge) the movement will probably result in joint pain from weak muscles and possibly compressed nerves.

5) What are your six keys of *Dailey Strengthening*?

The six keys are triangles of the body that begin at the (1) Feet; (2) Knees; (3) Hips; (4) Shoulders; (5) Neck; (6) Head. The program will provide information on how all six "keys" must work together in their natural, ideal positions for all physical activities.



To schedule an interview with Alice Ann Dailey,
please contact Anita Kasmar with The Agency at Brown Books,
Anita.Kasmar@TheAgencyatBB.com

Dailey Strengthening: 6 Keys to Balance Core Muscles
BISAC: Health & Fitness/General | ISBN: 978-1-61254-864-7
\$22.95 | www.DaileyStrengthening.com



- 6) **Tech neck, poor posture, body balance, painful joints, and backaches are some of today's most common health problems. How can *Dailey Strengthening* help to solve these universal issues?**

Dailey Strengthening provides information on the cause of common health discomfort and problems. They are usually caused by poor body alignment. When students learn of their weakened, over-stretched, under-used muscles and tight, locked muscles, my method will retrain and re-educate their muscles into balanced strong and flexible muscle pairs.

- 7) **Learning how to walk properly is one of your secrets to *Dailey Strengthening*. Can you explain and demonstrate your ideal walking technique?**

Walk as though you are walking on a straight line or balance beam with your knees and middle toes pointing forward. It narrows your gait and lengthens your stride. This technique is used by the fastest runners and also fashion models. The process places the thigh bones into their natural position in the hip socket providing space for good blood circulation and joint lubrication with balanced core muscles.

- 8) **You founded the successful Oasis Mind-Body Conditioning Center in Dallas, Texas, teaching your techniques for two decades to more than 500 students from all walks of life. Does your book provide an easy-to-follow program that anyone can do at home?**

Yes. The book includes detailed instructions for each of the six triangles and a variety of plans for beginning students to improve their levels of strength.

- 9) **How can someone reach you for mind-body fitness advice? Do you have a website and blog?**

Yes, anyone can contact me via my website www.DaileyStrengthening.com or read my weekly blog featuring *Dailey Strengthening* tips and information <https://www.facebook.com/Dailey-Strengthening>

- 10) **Are you available for guest appearances and speaking engagements to spread the word about *Dailey Strengthening* and provide basic training to groups and organizations?**

Yes, I am available to deliver live demonstrations at special events, television, radio, and podcast interviews/appearances locally, regionally and nationally.



DAILEY STRENGTHENING



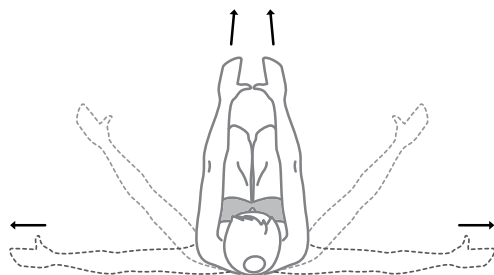
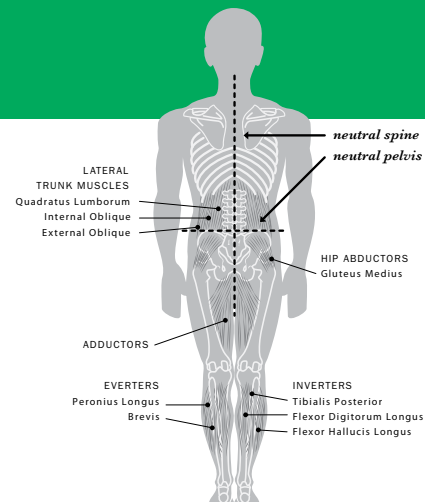
6 Keys to Balance Core
Muscles for Optimal Health

Alice Ann Dailey

EXCERPTS FROM DAILEY STRENGTHENING

How you walk, stand, and sit can lead to wellness or illness. To make a change toward wellness and disease prevention, you must learn the difference between balanced and unbalanced alignment when walking, standing, and sitting.

All of us would be in better shape if we had better posture and an attitude that promoted a better posture. A lengthened spine with all body parts brought into proper alignment adds inches to your height and takes years from your body!

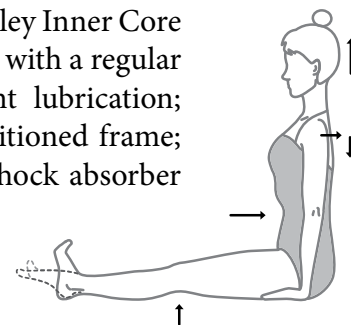


The Dailey Inner Core Workout provides neuromuscular reeducation along with a stronger kinesthetic awareness, an awareness of where body parts are and what they are doing.

If you are educated about incorrect alignment, you can make corrections from the inner core muscles and outward, saving yourself from discomfort and pain.

The biggest predictor of whether a person will end up in a nursing home is the strength of the legs, not the strength of the heart.

You cannot trade in your body for a new one as you can a car. The Dailey Inner Core Workout, practiced two to four times weekly, will provide your body with a regular tune-up and accomplish the following: rear-end alignment; joint lubrication; balanced “wheels” and “tire alignment”; spare tire removal; reconditioned frame; tension adjustment; hip and shoulder rotation; spinal alignment; shock absorber maintenance; and depreciation reversal.



To schedule an interview with Alice Ann Dailey, please contact Anita Kasmar with The Agency at Brown Books, Anita.Kasmar@TheAgencyatBB.com

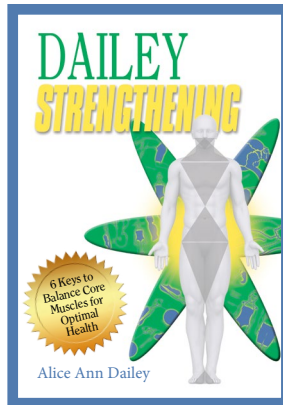
Dailey Strengthening: 6 Keys to Balance Core Muscles
BISAC: Health & Fitness/General | ISBN: 978-1-61254-864-7
\$22.95 | www.DaileyStrengthening.com

DAILEY STRENGTHENING



6 Keys to Balance Core
Muscles for Optimal Health

Alice Ann Dailey



Title	<i>Dailey Strengthening</i>
Subtitle	<i>6 Keys to Balance Core Muscles for Optimal Health</i>
Author	Alice Ann Dailey
ISBN-13978-1612548647
Format	Paperback with illustrations
Retail Price	\$22.95
Size	7 X 10 Portrait
Pages	224
Carton Quantity	20
LCCN	2015948045
BISAC	Health & Fitness/General; Health & Fitness/Health Care Issues
Publication Date	November 1, 2015
Distribution	Ingram, Baker & Taylor
Publisher	Brown Books Publishing Group
Publisher Website	www.BrownBooks.com
Author Website	www.DaileyStrengthening.com

SYNOPSIS

By emphasizing balance and structure, the Dailey Inner Core Workout's holistic approach to personal health teaches readers how to care for and strengthen their entire bodies. Learn the ingredients for good health, then begin training with detailed, illustrated lesson plans. Dailey's method not only improves strength and posture but also helps to regulate body weight, increase flexibility, and can even reduce joint pain.

In *Dailey Strengthening*, you'll find more than an exercise plan. You'll find the ingredients for a healthier body, a healthier mind, and a healthier life.



To schedule an interview with Alice Ann Dailey,
please contact Anita Kasmar with The Agency at Brown Books,
Anita.Kasmar@TheAgencyatBB.com

Dailey Strengthening: 6 Keys to Balance Core Muscles
BISAC: Health & Fitness/General | ISBN: 978-1-61254-864-7
\$22.95 | www.DaileyStrengthening.com