

Leading Skin Care Author Sets New Guinness Book World Record for Most Sumo Squats in One Hour

SAN FRANCISCO, Calif., Dec. 18 (SEND2PRESS NEWSWIRE) – On December 16, at the age of almost 40, Dr. Thienna, a leading skin care author who is conscious of health and fitness on all levels, broke the Guinness Book World Record for the most Sumo squats in one hour. The event was overseen by an official adjudicator from the U.K. at the San Francisco State University Basketball Gymnasium.

Adjudicator, Carlos Martinez, watched while Dr. Thienna, without a break, completed an incredible 5,135 squats in one hour.

Dr. Thienna started practicing the Sumo squat in her 20s when she felt it was time to start maintaining her physical health. She was first introduced to the move by her father, a fourth-degree black belt.

“Sumo squats work every major muscle group in the body,” Dr. Thienna said. “Specifically, they help to strengthen problem areas such as the inner and outer thighs while working the whole upper body and providing a vigorous cardiovascular workout and improved flexibility.”

Dr. Thienna is thrilled about having achieved this new record, not only for personal satisfaction, but to raise the awareness of the benefits associated with Sumo squat exercise, especially for women.

“Squat exercises are typically associated with men. My hope is that women will embrace this exercise as it targets many common problem areas that typically concern them,” Thienna explained.

Sharing her love of health and fitness is what Dr. Thienna enjoys most. She is the author of “Unlocking the Mystery of Skin Color” (ISBN: 978-0-9792103-0-3), a book that teaches people how to obtain a brighter, clearer, and healthier complexion.

During research for the book, she discovered that the techniques involved in the Natural Fairskin Method(TM), not only gave her a clear and healthy complexion, but it also provided her with amazing strength, endurance, and stamina.

When Dr. Thienna first started practicing squats, she did them three times per week, 500-1,000 squats per session. Normally, it took 30 to 45 minutes to complete each session. So, to complete 5,135 in one hour is a tremendous breakthrough and one which she greatly attributes to the Natural Fairskin Method(TM).

In addition, Dr. Thienna reports no back, shoulder, wrist, hip, or knee pain;

minor muscle soreness quickly disappears.

Dr. Thienna was born in Saigon, Vietnam three months after Viet Cong forces attacked the city during the infamous Tet Offensive. Eleven years later, Dr. Thienna and her family fled communist Vietnam in a 50-foot wooden boat that carried 285 passengers. On its way to Indonesia, the vessel was attacked by pirates. Less than one year later, Dr. Thienna's family immigrated to the U.S. and settled in San Francisco.

She is the founder of Thienna, Inc. and is one of the world's leading authorities on human skin color. She holds a number of academic degrees, including a BA in Economics; a BS in Microbiology; a Graduate Certificate in Genetic Engineering; an MA in Business Administration; and a Ph.D. in Scientific Nutrition. She also has performed significant additional study in the fields of chemistry, biology, and molecular biology.

For more information, visit: www.Thienna.com.

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