

Newsletter



2018

In this issue

- Page 1 -

Message from

Keeley

- Page 2 -

Next Block Timetable

Booking

Pilates Reformers

- Page 3 -

Pilates for Older Adults, a
Gentler & Effective Way to
Stay Fit



Happy New Year

2018 already! What happened to 2017? It seems to have gone by in a flash. It was the first week of 2017 when we discovered Stowmarket and made our decision to move to Suffolk. It is still a bit surreal for me when I reflect upon a year ago, living in a rural part of central Scotland ... and where we are now. We are extremely happy here and pleased we made the move. The only downside is that we see less of our son who is a student at Edinburgh University. But I did have him all to myself for six whole days over Christmas!

On the next block of classes we are running 4 different levels of classes. We haven't re-shuffled any class times this block and those re-booking will move to the next level at their normal class time. We have reluctantly dropped Wednesday morning classes due to lack of demand and are scheduling 1:1 and small group sessions instead.

My Pilates Barre training was enjoyable and a success, although I didn't get to see Venice at all. I originally thought that I would be able to weave Barre into regular classes, as well as running Barre only classes. Having now had hands-on experience I will have to modify this to Barre only classes. It is simply too energetic and the music is too upbeat, so it wouldn't sit well as part of a regular Pilates class. Instead, I intend running Barre classes on Saturday mornings. I just have to buy the equipment and sort out music licenses, then we will be good to go.

This month also sees me resuming my role as a Balanced Body teacher trainer. We have scheduled a number of weekend training courses over the next few months and the bookings are coming in already. This draws students from wider afield, with many needing overnight accommodation. We are often asked for recommendations, and have discovered that this area is slightly lacking on this front. If anyone is involved with or knows of good B&Bs in the area, please let me know. Thank you again.

Keeley

Newsletter

Group Class Booking / Re-Booking

We will be handling re-booking during the last week of the block, week commencing 15th January.

Priority will be given to those re-booking the same class time, but please don't wait and let us know as soon as possible so we can reserve your space. If spaces aren't re-booked by a certain time they will be offered to new bookings and / or anyone wishing to change class times. For new bookings, please also let us know as soon as possible so we can reserve your space.

Of course, if anyone who has attended the current block feels they would benefit from repeating the same level they can book a suitable class. Talk to Keeley if you are unsure.

Pilates Reformers

Quite a few of you have had the opportunity to try the Reformers. While some have been reluctant to venture towards the back of the studio amongst the torture equipment, the feedback from those brave enough has been overwhelmingly positive. It remains our mid to longer term aim to invest in 4 more reformers. However, due to their size, we would have to swap the areas around. The current Mat area would become the Reformer studio and the back area would become the Mat studio, with a reduced capacity.

The reformer offers all of the Mat Pilates core-building benefits and more. The resistance of the pulley and spring system offers more resistance than what you get with just your body weight on a mat. Some people say that the resistance of the reformer means you'll get results from your workouts faster. The tension of the springs on the moving carriage adjust to different levels of difficulty. As you become stronger and more proficient with the reformer, you progress from reclined exercises to ones that put less of your body surface on the carriage, meaning you need to use more of your own strength and coordination to execute the moves.

When a class has 4 or fewer attendees due to absences, we will continue to offer the alternative of trying the Reformers. We hope you welcome the option, if available. Please let us know if you are specifically interested in Reformer classes.

6-week block starting 22nd January 2018	Mornings		Evenings	
	9:15	10:30	6:15	7:30
Monday			INT+	B+
Tuesday	INT+	B	INT+	INT
Wednesday			INT+	INT
Thursday	INT	INT+	INT	INT+

B = Beginner Completed 0 classes
B+ = Completed 6+ classes
INT = Completed 12+ classes
INT+ = Completed 18+ classes



Newsletter



Pilates and Older Adults, a Gentler & Effective Way to Stay Fit

Excerpt from an article written by Ken Endleman, CEO of Balanced Body Inc

For the older population keeping fit is essential. But so many forms of exercise can be hard on the bodies of older adults. Many have turned to Pilates as a way to stay in shape while reducing the risk of injury that weight-bearing exercises may cause. With its focus on controlled breathing and quality of movement, many experts agree that Pilates is one of the best ways for older adults to stay healthy.



Most conventional workouts tend to build short, bulky muscles more prone to injury, especially in the body of an older adult. Pilates focuses on building a strong 'core', the deep abdominal muscles along with the muscles closest to the spine. Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight-bearing. It also can positively affect postural positions.

Increased Stability and Balance

Pilates centres on movements at the midrange of the body instead of the extremities (arms and legs), where the potential for injury is greater. In contrast with other forms of exercise, Pilates develops the mid-range and gradually works toward the end-range, while maintaining complete control around the joints. To the benefit of older adults, Pilates teaches control and stability in a small range of motion, graduating to a larger range of motion as they gain control and confidence. Increased control and stability is crucial for older adults as it can help them improve much of their functional movement, including balance and posture. As people get older, they can lose some of their balance and coordination. Pilates increases strength and flexibility in both the core and the legs, which positively affects balance. This, along with basic fitness benefits, can help them reduce the risk of falls. Pilates is also a good way for older adults to rehab from surgical procedures like a hip replacement or knee surgery.

An Antidote for Many Ailments

Pilates also helps with a variety of age-related ailments. Arthritis sufferers benefit because the gentle mid-range movements decrease the chance of joints compressing while maintaining the range of motion around them. Pilates can also help with sufferers of osteoporosis or stenosis. For osteoporosis the simple and standing Pilates leg exercises may increase bone density in both the spine and the hip. For lumbar stenosis there are exercises that can stretch out tight back muscles and strengthen the extensor muscles of the spine to counteract the forces of gravity that can pull people into a hunched position. Be careful, however. Any type of flexion exercise is not good for someone with osteoporosis. Conversely, any type of extension may cause injury to someone with stenosis. If you have either of these conditions it is important that you make sure your instructor knows how to modify the exercises so that you do not hurt yourself.

Pilates has also been documented to slow or reverse the effects of debilitating diseases like Parkinson's and multiple sclerosis. The mid-range motion of the exercises can help people overcome rigidity and become more supple. It can even help with brain traumas like a stroke.

By the way, Pilates is great for younger people as well.