

Newsletter



The State of Independence

I am writing this on 4th July. Today is Independence Day in the US. Happy Independence Day to my American colleagues. Happy Birthday America!

Independence is also fundamental to Pilates. It was one of Joseph Pilates' key intentions that his followers lead physically independent lives.

I recall my grandparents' generation. They seemed old even when they were young. I remember thinking that 65 was really old and they only ever talked about ailments, doctors and dependence on others. Of course, now I think of 65 as quite young (that's you hubby). I see how strong and able we can be (barring tragic accidents and disease) if we eat, sleep, exercise well and keep a healthy mind.

But how does this relate to Pilates? This is why we do Pilates, this is why I teach Pilates. Many of my clients don't know it when they begin, but this is the greatest benefit they receive from Pilates. **Physical Independence!**

I was on a training course during June, learning about Pilates and Osteoporosis. What I would like to do is schedule a regular class solely for people who suffer from this condition. I would be grateful if you could pass the word on if you know anyone who suffers from Osteoporosis.

For many of you it has been a while since you completed our initial health questionnaire. I would like to think that any physical condition(s) you might have told us about that could be improved by Pilates, have been. However, if you have since been diagnosed with anything that we should be made aware of, please let us know by email so we can update your record. Your safety is paramount!

The summer block of classes starts 16th July and runs for 5 weeks. To take account of peoples' holidays and other commitments, you can book only the number of classes you can attend. See next page for details.

Hope you all have a great summer!

In this issue

- Page 1 -

Message from Keeley

- Page 2 -

Summer 2018 Timetable

Booking

Summer One-to-One

- Page 3 -

Osteoporosis and Pilates



You can win a coconut if you spot the connection between this lady and the title on the right. Answers on a postcard.

Keeley

Newsletter

Summer 2018 Schedule

The classes covering the summer holiday period are more-or-less the same as the regular timetable. However, we accept that some people might not be able to attend certain classes due to holidays or other commitments. Therefore, over the summer you can book / pay for a defined number of classes rather than the entire block of classes. For this block only, our website has Pay Now buttons allowing you to select between one and five classes.

Many of you have already told us which classes you will be attending. If you haven't, please email bill@purely-pilates.co.uk. There might be the odd week when we merge a couple of classes, but we will let you know well in advance. If this does happen it is more likely to be towards mid-August.

We will be closed weeks commencing 20th and 27th August. Normal service will resume 3rd September.

5-week block starting 16th July 2018	Mornings		Evenings	
	9:15	10:30	6:15	7:30
Monday			INT	INT
Tuesday	INT	INT	INT	INT
Wednesday			INT	INT
Thursday	B+	INT	INT	INT
	10:00	11:15		
Friday	B+			
Saturday	B+	B+		

B = Beginner Completed 0 classes
B+ = Completed 6+ classes
INT = Completed 24+ classes

5 Classes
£47.50

Pay Now

4 Classes
£38.00

Pay Now

3 Classes
£28.50

Pay Now

2 Classes
£19.00

Pay Now

1 Class
£9.50

Pay Now

One-to-One and Small Groups

These will run as normal during the Summer for those wishing to carry on. You can arrange any holiday breaks directly with Keeley.



Newsletter

Osteoporosis and Pilates

Welcome to my continued “Pilates Geek” section of the newsletter. Thank you for the feedback on my article last month. This month, I’m pleased to provide some information on Osteoporosis. I was recently lucky to go on an Osteoporosis course with a lady called Rebekah Rotstein. Rebekah is an ambassador for American Bone Health and is a respected authority on the subject. She has developed a system called Buff Bones, which I hope to bring to the studio in September.

Osteoporosis is a condition that weakens bones, making them fragile and more likely to break. In the UK, 3 million people have Osteoporosis, with over 500,00 fractures every year. That’s 1 bone broken every minute or 1,400 a day! Sadly these numbers are on the increase, due to many factors. Statistically 1 out of every 2 women will suffer a fracture, 1 in every 5 men. Indeed, everyone will start to lose bone mass after the age of 35, which is why we need to protect our bones.



There are three common sites where a fracture is most likely to occur: the hip; the spine; and the wrist.

How can Pilates help?

As you are aware, the inner unit (think last month’s newsletter) helps to hold the spine in a position that decompresses the spine. The “neutral” position of the spine / pelvis, is part of this system.

So why do we need a different Pilates class for Osteoporosis?

There are certain moves, that we incorporate into a Pilates class, that are not of benefit for someone with Osteoporosis. This is because they could put pressure on potential fracture sites. These are primarily anything that flexes the spine forward, for example abdominal curls. Plus, potentially anything that side bends the spine, especially if someone has already had a fracture.

So why Buff Bones?

What I love about the Buff Bones system is that it is medically endorsed and its design is supported by the latest research. It incorporates elements of Pilates and other modalities that help to promote an increase in bone density. These are:

- Weight bearing.
- Resistance.
- Impact.

Additionally, I welcome that this is a progressive system (you know what I’m like for progression). So, the Buff Bones systems does develop into a challenging workout over time. I’m so looking forward to bringing this to the studio soon.