

## Colleen's Corner

Hi.

Sorry this has been so long in coming. As some of you may already know, I've been attending to other things because my mom recently passed away from lung disease. This is the 1st chance I've really had to pay any attention to the newsletter & it's

good to be back.

Now for the Principle of **Precision**. **Precision** elevates the benefits of each exercise from superficial to intense. This is why so few repetitions are required in Authentic Pilates. Do not focus simply on completing an exercise but on performing it as perfectly as possible. Apply **Precision** to all aspects of your workout and your body benefits.

## Move of the Month: Rolling Like a Ball

This exercise is the one you are most likely to "cheat" your way through. Performed at the proper tempo, your muscles will work to their threshold. It should be omitted by people with delicate necks and backs, osteoporosis and severe scoliosis.

Balance with your sit-bones pointing under & forward, feet close to buttocks & head relaxed between your knees. (figure 1)

Inhale & roll back, keeping the shape of your spine uniformly round like a ball by pulling into an extreme scooping out of your abdominals. Your head remains between your knees.(figure 2)

Roll back only to the base of your shoulder blades (never onto your neck). Avoid using momentum to roll back up to the start position. Also avoid flattening the back and collapsing the legs into the chest. Instead, keep your C-curved spine controlled by a strong scoop and pinched bottom to stabilize your pelvis.(figure 3)

## Six Principles of Pilates

Centering  
Concentration  
Control  
**Precision**  
Breathing  
Flow



figure 1



figure 2

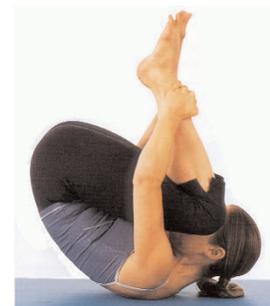


figure 3

## Current Events

Some delightful news in the Pilates program here at CAN DO.....graduate certificants! Three of our trainers, Rosanne Kilowsky, Angela Fill and our Director, Erica Almodovar received their Authentic Pilates certificates after completing 600 + apprenticeship hours and passing all rigorous testing. Our current certified trainers, Patricia, Megan, Eunok, Angela & myself, Colleen, extend our most heartfelt congratulations.

Other good news; Maureen Brady has had a very significant reduction in the size of her tumor and an apparent disappearance of the cancer seen in her spine. Thanks so much for your continuing support & prayers

### Wanted: Sessions, Duets, Trios

This section is devoted to available private sessions, as well as people looking for partners in duets and trios.

As of this writing, the following time slots are available with me on a standing basis:

#### **Short Hills**

Tuesday, 12:30, 1:30, 2:30pm

Wednesday, 12:30pm

Friday, 2pm, 3pm

#### **Wayne**

Thursday, 1pm, 2pm

#### **Short Hills Duets wanted:**

Duets and Trios are worked on the studio apparatus with people of similar level of strength and knowledge of the exercises. It's a great way to learn how the exercises fit & flow together as a movement, almost like a dance. E-mail your interest.

### Contacts and Credits:

To include yourself on my email list, or if you have questions or comments, write me at : [fitcalm@yahoo.com](mailto:fitcalm@yahoo.com)

To install Adobe Acrobat, go to: <http://www.adobe.com/products/acrobat/readstep2.html>

Good Mat Pilates book: [The Pilates Body](#) by Brooke Siler, Broadway Books

Authentic Pilates website: <http://www.pilates-studio.com>

Video or DVD of Authentic Pilates, reformer and mat : <http://www.classicalpilates.net>  
(These are the ones you may have seen in the studio. For the experienced, only)

Colleen Wenrich, RN, has been teaching wellness & fitness for over 20 years and is Certified Authentic Pilates, ACSM, AFAA, ACE and BCIA.