



Colleen's Corner

Hi.

Here come what I now affectionately refer to as the "Months of Eating Challenge", (or the days of wine and chocolate).

It begins sneakily enough with Halloween (I'll just get a few bags for the kids, then a few more later because it's a week before and the candy's already gone). Thanksgiving, Christmas and New Year's come seductively next with comfort foods, multiple parties and high stress on all levels to knock whatever is left of personal resolve right out the window. We start to come crawling out of the rubble in January, only to get whopped again with sentimental Valentine's chocolate, 6 weeks later again hit with Easter, and finally a reprieve....in spring. (unless you are in for weddings, or into summer barbeques and....) So yes, that's the idea; no "reprieve".

What we seem to need is a viable, solid strategy; a game plan to weave our way through the minefield that each social eating year provides. Here are a few suggestions:

Have an eating plan you can live with. (If you don't have one in mind, see Dee, our nutritionist.) Extreme deprivation brings failure, so when motivation strikes, choose carefully.

Know that you will probably deviate on a holiday, but plan to get back on the path immediately, not the next day or next week.

Have an exercise plan (cardio, strength and stretch; a schedule is helpful but again, no rigid self demands). Accept that in the holiday season and in life in general there will be things to throw you off the 'ideal' plan.

Let go of feelings of failure. Instead, commit to doing something everyday, even if it's only a short Pilates Mat, or a few sets of abdominals. Then get back on the horse & go.

Six Principles of Pilates

Centering
Concentration
Control
Precision
Breathing
Flow

Six Principles of Pilates: Breathing and Flow

The last 2 principles of Pilates, **Breathing** and **Flow** help to tie all the others together.

Breath gives us life and the energy to move. Every exercise in Pilates uses breath. It helps to center our emotions and focus. Breath should never be held but kept flowing using varying tempos and durations in our breathing to give support to the movement we are performing.

Some exercises have very precise breathing patterns, and some exercises, like the 100, can be dynamically altered for different results by changing the pattern of breath.

Flow, the last of the Six Principles, ties all that comes before into an efficient, almost dance-like exercise. Although the fundamentals of **Flow** may be introduced to a promising student early on in their training in the form of how to hold a strap or to change a spring on a reformer, **Flow** becomes critical in the advanced levels where the movements can become cardiovascular work.

Current Events

Here's some great news in the Wayne CAN DO facility: our new Pilates studio is now open, and it's **gorgeous!** We have 2 Reformers, one wunda chair, electric chair, cadillac table, ladder barrel, small barrel & spine corrector and pedal pole. We got it all, and top of the line Gratz. Stop by and see it.

Also, you won't find me teaching Sunday Mat in Wayne now (I'm only Thursday nites, 4:30 PM), Instead you'll find Stephanie Kapinos, our new trainer. She's also available for private training.

Wanted: Sessions, Duets, Trio:

This section is devoted to available private Pilates 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

Monday, 10:30, 12:30 am

Tuesday, 11:30, 12:30, 1:30 am

Friday, 2pm

Wayne

Monday, 6:45 pm

Tuesday, 6:30, 7:30 pm

Thursday, 1 pm

FOR SALE:

I bought a 'Complete Winsor Pilates' System DVD set. Its ok - at least for people who are well familiar with Pilates and who want a general guide to help them workout at home. I don't need it. It cost me \$40 plus shipping, but the 1st person to email me and can pick it up at a CAN DO can have it for \$25.

I'm also working on my own "Travelates" system for traveling Pilates exercisers. Keep you posted.

Contacts and Credits:

To include yourself on my **newsletter** email list, or if you have questions or comments, write me at : 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

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.