

The Scoop

Pilates News and Other Matters

Volume 10, Issue 1,
December 31, 2010

www.WholePilates.com



'tis the Season...

**New friends, packages,
programs, and products**

**Check
Inside this newsletter to
see this year's doings**

**For our specials and
new packages
go to
www.WholePilates.com**

Inside:

Some results from the Pilates Challenge, recipes, our friends at Evolution Fitness, Shashi socks and an article about Angels.



Colleen's Corner

Angels

It surprised me to learn my mother had always been waiting for a 'supernatural' encounter of some kind; a proof of a world beyond the everyday world she normally perceived. I only learned of her yearning when she reported finally getting her 'proof'.

Her car had died in the middle of an intersection. She was contemplating her fear of getting out of the car and of having no clue as to what she would do when she did. 'Out of nowhere' a man appeared. He helped her push the car out of traffic, but when she turned to thank him, he'd 'disappeared'. She concluded that he must have been an Angel.

Although there were, of course, many explanations 'of this world', I was happy for my mom and the enjoyment that came of her contemplating her Angel, and that she shared the story with me. She never brought it up again, but it changed her.

I remembered Mom's story this morning as I was thinking over the experiences of this past year for this newsletter. It's not been a very good year for the newsletter, (you might say I've gone in a different direction) but it's been a very good year for seeing Angels.

This spring, on a perfect, bright morning, I was riding my bike out behind Sheppard's Lake. I was going a moderate speed down a slight decline path in the woods when a squirrel ran into my front wheel and in a moment I was over the handlebars and onto my face. I could feel the pavement scraping my mouth and my left hand reaching out to stop my downhill slide on my face. When I'd stopped, aside from broken teeth, I didn't know the extent of my injuries. I realized I was alone and had to get to where help was. I left my bike and walked out to the park entrance, where I found the toll taker in the kiosk at the park's entrance. She was stunned to see me, and I had to tell her to call for help and to give me ice.

As they always do when we find ourselves in emergency situations, events proceeded one moment at a time. I was aware and grateful that I never lost consciousness and that I had been able to walk out to ask for help. The ice came and then the police officers. They called for an ambulance and while one went to get my bike for me, the other stayed with me, told me to sit. He was the first to tell me I'd probably need plastic surgery and suggested that I go to Valley Hospital rather than one closer. I would gratefully accept the suggestion.

The ambulance came, and I never saw the officers after that, but that whole day people came into and out of my life, and gratefully, I realized they, whether they knew it or not were each my Angels. The EMT in the ambulance, who looked me in my eyes and recommended doctors, the plastic surgeon who talked to me as he gave my ravaged face his full attention, the nurses who brought me ice and a tetanus shot; all I could feel was gratitude and the complete giving over of myself into the hands of people who appeared in my life that day.

That June day started the theme for this past year; the awareness of being blessed and being surrounded by my Angels. I couldn't hold onto the illusion that "I" was in control by myself, but that each of us are all in each other's hands, and that simple gestures from us can change the course of a life.

I loved that Allstate commercial where, the kindness of one person, witnessed by another, spreads on and on through the day, affecting the lives of people who have no idea they are connected. Little actions can spread among us like a ripple growing into a wave. Our thoughts, our acts of simple kindness, the right word at the right time of a teacher, taking the time to listen, sharing laughter; on and on, we change the lives of the people around us.

I'm grateful for the kind words and support of my friends over these past several months, and I feel that when we take a moment to think about it, we've each had similar experiences; that either we've been the recipients of kindness or inspiration from another or have witnessed it just outside ourselves. When we take the time to reflect on this, it changes us.

This year, I want to ask for some help to continue to spread this awareness. Do you know someone who shows generosity to people or animals? How about someone who always makes you laugh or who helps people in crisis? Not everyone makes the front pages like Sully Sullenberger, but we all know people who save lives or inspire in subtler ways; who show patience or courage or spread joy. Write me their story, so I can share it in The Scoop. If you don't feel you can write, tell it to me and I'll write it.

I'd like to propose this; you've been an Angel to someone. We sometimes touch people in ways we least expect. If you're reading this newsletter, I'd daresay you've most likely been an Angel to me.

People move and heal each other in all kinds of ways – your story may not be about a classic 'hero', per se, but anyone who's given you a moment of joy or insight (comedians are always doing this for me), can also heal other people, just by sharing their story. I'd like to include a story in each issue of The Scoop, so please take a moment to reflect, then please share.

As I think of this, strangely, that silly squirrel may have been an Angel of sorts. It came out of nowhere, and I've never been the same.

Happy Holidays.



Shashi Socks

Socks that are a cool treat for your feet!

Like a shoe, each sock is designed to fit each of your feet perfectly! Ideal for providing fresh, clean comfort during your workout or anywhere! Ideal for Pilates or yoga!

Each sock is available as a regular sock or in a split toe design and features:

- seamless construction
- CoolMax® fabric in white or black
- mesh for greater aeration
- slip resistant grippers for stability and traction

\$13.50/pr or 2 for \$25 call me @ 973-962-1327 to order

I fell in love with these socks when I was at a conference this fall. Perfect for my Pilates workouts, fit into shoes better than toe socks and split toe, like a Japanese tabi sock, can be worn with flip flops.

Check out our neighbors at
Evolution Health and Fitness
Haskell Towne Center

Although Evolution no longer offers Pilates, they offer great aerobic and strength training as well as nutritional guidance and a warm, welcoming atmosphere. Good, caring people.

Currently, they are offering a 9-week Introductory Group Fitness special that you may want to check out.

www.EveryBodyEvolves.com



A Challenge Result

Last year at this time members of the Whole Pilates mat classes showed interest in taking 'The Pilates Challenge'; learning and doing the full original mat exercises in the order presented in Return to Life, Joseph Pilates book. The challenge was to do the exercises in class, then follow through on our own for a total of 4 times/week for 3 months, and to observe the changes in ourselves.

Personally, the challenge started a whole domino effect in my body and my life. Done consistently I was noticing an increase in my strength and flexibility within only 2 weeks. Feeling better, I was motivated to make further adjustments in my eating habits with lots of fresh veggies and fruit with every meal or snack and continuing beyond the 3 months into the spring I began to add regular bike riding.

During my recovery after falling on my face, I learned that when forced to slow down eating (out of necessity) my body was satisfied with far less food. Currently, I feel wonderful. I'm down about 30 pounds, enjoy doing an advanced mat or reformer 3-4 times a week, and have far more resilience and strength than this time last year.

Very cool.

Let's hear your story.

Below is one recipe I've enjoyed when I get a pasta craving.

Shrimptastic Fettuccine Alfredo!

(145 Calories, 4.5g Fat, 456mg Sodium, 13g Carbs, 5.5g Fiber, 2g Sugars, 13g Protein - 2 WW Points)

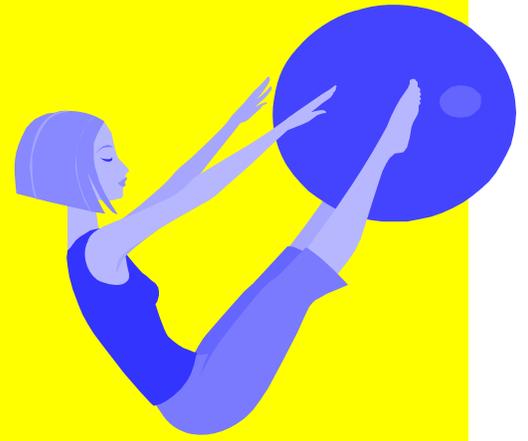
Ingredients:

5 medium cooked shrimp
1 package Tofu Shirataki Fettuccine Shaped Tofu Noodles
1/3 cup cooked chopped broccoli
1 wedge of The Laughing Cow Light Cheese
1 teaspoon fat free sour cream
2 teaspoons Kraft Reduced Fat Parmesan Cheese
salt & pepper (if desired)

Rinse fettuccine noodles VERY well. Microwave them for one minute, then drain them and pat very dry and use knife to cut noodles once. Add cheeses, sour cream and broccoli. Mix thoroughly. Microwave another minute to help melt cheese further, and mix some more. Top with cooked shrimp. Add salt and pepper to taste. Enjoy. Serves 1

New Mat Packages

(10 Pack has been eliminated)



Group Mat

- **Single Drop—In Class** \$20
- **5—Class Incentive Discount Plan** \$75

(Five consecutive weeks committed to one time slot, no make-ups)

- **8—Week Unlimited Plan** \$165

This is the class for people who are motivated to make a change in their body, but can't commit to one regular class every week. The more you work, the more you save (and the better you feel). Potentially, class price could go as low as \$4/class for people who could attend every class, but even if you can only average 2/week, the savings are significant.

- **8—Week Unlimited, Plus** \$200

New students will receive one private lesson, followed by the 8—Week Unlimited. One time only.
New classes will be added to the schedule as interest demands.

Now Accepting Clients:

You've enjoyed her classes— now you can train with her privately. Karen has again made time available to take new students. Call the Whole Pilates studio (973-962-1327) to book your lesson today.



Karen Westhelle

Certified Romana Pilates Instructor who continues to study and hone her Pilates skills and technique. She comes from both a classical ballet and contemporary dance background and is an alumni trainee student from the Martha Graham School of Dance in New York City.



Stella

Is not accepting clients at this time, but continues to assist in the studio. Always a diva!

December 2010/January 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	11am Intermediate Pilates Mat		1 9:15am Intermediate Pilates Mat	2 7:15pm Pilates Technique	3	4 9:30am Intermediate Pilates Mat
5	6 11am Intermediate Pilates Mat	7	8 9:15am Intermediate Pilates Mat	9 7:15pm Pilates Technique	10	11 9:30am Intermediate Pilates Mat
12	13 11am Intermediate Pilates Mat	14	15 9:15am Intermediate Pilates Mat	16 7:15pm Pilates Technique	17	18 9:30am Intermediate Pilates Mat
19	20 11am Intermediate Pilates Mat	21	22 9:15am Intermediate Pilates Mat	23 7:15pm Pilates Technique	24	25 9:30am Intermediate Pilates Mat
26	27 11am Intermediate Pilates Mat	28	29 9:15am Intermediate Pilates Mat	30 7:15pm Pilates Technique	1	2 9:30am Intermediate Pilates Mat

Mat Classes held @
Leflein Group Focus Inn
1093 Greenwood Lk Tpk
Ringwood, NJ 07456



Whole
 Pilates

Classical Pilates Mat (1 hr):

5 Class Incentive Pack \$75*

8-Week Unlimited \$165*

\$20 single class drop-in.

*Call for details on package specials.

**Pre-Registration is a
 Must for all classes**

Call today to register.

Phone: 973-962-1327

E-mail:

colleen@WholePilates.com

Just So You Know

**Kylie Klempner achieved her Red Cross certification in babysitting.
 She loves babies and enjoys small children .
 She can be reached for services at Whole Pilates**

Contacts and Credits:

To include yourself on our mailing list, or if you have questions or comments contact colleen@WholePilates.com

Please go to our website, <http://www.WholePilates.com> to see what we've been working on, view archived newsletters, see streaming videos of the exercises, photo gallery, or learn more about how you can begin training with Whole Pilates.

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

Colleen Wenrich, RN has been teaching fitness and wellness since 1981 and is certified Authentic Romana's Pilates, ASCM, AFAA, ACE, and BCIA