

The Scoop

Pilates News and Other Matters

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www.WholePilates.com

One Angel's Story

First of all, thanks to Colleen for even referring to me as an angel. I do know some real ones, and they are kids with special needs, especially the ones who are very medically fragile and need the greatest amount of help. My daughter, Marisa is one of them and since graduating last June has had no appropriate day program to go to because the one in our area is completely full to capacity and is not able to expand. That's why you haven't seen me at Pilates in a long time, unless I am a Special Guest Client in the Saturday morning class! I miss you all very much and hope to get back soon. In addition to going bonkers by this crazy winter of taking Marisa to Garden State Plaza and/or walking her around my house in her wheelchair for hours listening to the Gospel station on Optimum television channel 860, I've been busy getting a new program approved at the state level and it is looking good. In the Fall of 2010, I helped form a Parents Group to create a plan and submit a proposal to the NJ Division of Developmental Disabilities for the creation of a new medical special needs adult day program to service young adults aging out of the educational system in the Bergen and Passaic County area. The Parents Group chose the non-profit company Community Options to build this program, due to the quality of their various program options for adults with disabilities (comop.org). A contract is in for review with the State right now and we are hoping for quick approval. The program will be centrally located in the Ringwood/Oakland/Pompton Lakes area to serve and transport children from multiple counties, with a target date for opening of Fall 2011.



If you know of any young adults who are interested in traditional day program placement for their children, and would like a program that offers a nurse on premise at all time; physical, occupational and speech therapy; a state of the art Snoezelen room (sensory room); educational goals and gentle teaching; and a safe, secure comfortable environment, please contact me at lindazani@aol.com or 201-314-8045 for a parent letter and consent form.



Colleen's Corner

HIIT Now at Whole Pilates

It seems life these days is all about multi-tasking, and while I promote the 'stop and smell the roses' philosophy any chance I get, for lots of people if it's not multi-tasking, it just isn't getting done. This includes fitting in all the exercise we need, and is why Whole Pilates now offers **HIIT** (High Intensity Interval Training).

In a nutshell, Interval Training is, during one workout:

Hard work, then Easier work, then Hard work, then Easier work; alternating these intervals of work and rest in a perfect ratio:

- burns more calories and works the heart better than staying at one steady intensity and
- is gentler on the muscles, joints and tendons than a full blown, all out, high intensity only workout because you allow your body rest intervals during the workout. You get the benefit without burning out and injuring the body.
- Because it packs in more exercise in the same amount of time, it saves us time to do other things (like maybe, smell roses)
- Keeps it interesting. Once you know what you're doing, you can be creative and almost never do the same workout twice.

CORE + CARDIO

When an exerciser is fit enough for regular Interval Training, they can then bump it up a notch with **HIIT**, which alternates short, more intense intervals (30 – 90 seconds) with recovery periods. A recent study found that **just two and a half hours of HIIT in a week had the same effect as 10 hours of traditional cardio endurance training.**

Pilates trains the mind, nervous system, breath, coordination, fluidity of movement, strength and flexibility, and if that isn't multi-tasking, I don't know what is. And when you are at an advanced level of Pilates training and know your exercises well enough to flow strongly and seamlessly from one to the next without prompting, a classical Pilates workout can also be a good cardio workout. But until you reach that advanced level of concentration and fitness, you will have to add some form of cardio-aerobics training to your Pilates regime for a fully balanced routine.

Michele Olson, PhD, a Professor of Exercise Physiology at Auburn University in Montgomery, AL explains, "HIIT training provides a strong cardio stimulus that complements the muscle con-



conditioning and flexibility enhancing nature of Pilates.

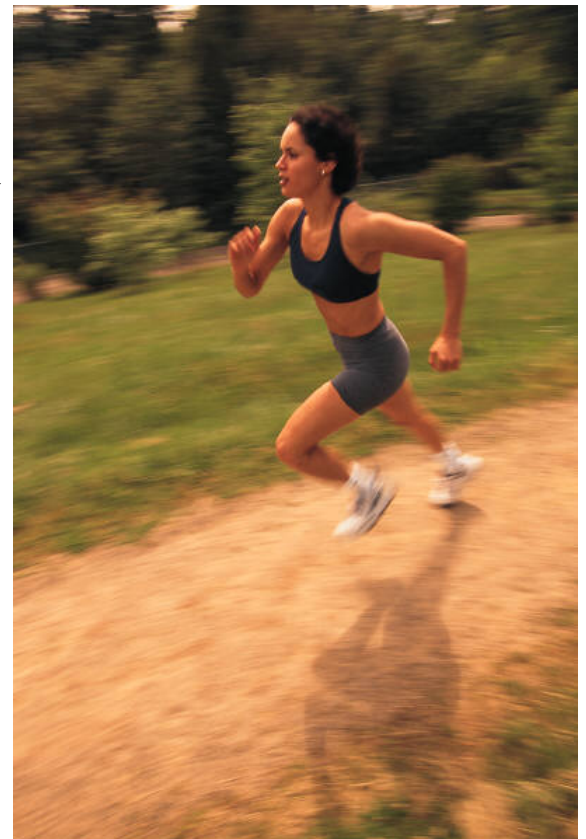
Incorporating IT or HIIT into your Pilates regimen can yield optimum benefits in the least amount of time. Some students at Whole Pilates are now opting for adding in HIIT into their workout schedules; some alternating cardio exercises with Pilates Mat or Reformer exercises, and some working HIIT classes into their schedule between dedicated Pilates lessons.

The weight-loss potential of HIIT is also a top lure to Pilates students who may have trouble shedding extra padding. “It’s especially effective at banishing belly fat,” says Olson. “My 40 to 50-year old clients are thrilled with how IT has helped fight the muffin top”. Studies in the publication Medial Science and Sports Exercise show that HIIT elevates resting metabolic rate for a full 24 hours after the workout. That means you’re blasting fat even while you sleep!*

Allen Barnett, a Tuxedo Park resident and student at Whole Pilates found that once he added IT training to his bi-weekly Pilates workout, the pounds dropped off him.

“I think that the fact that IT makes cardio less boring could be why I could stick to the workout. I don’t have any extra time to waste in my work, so this made it possible to keep up with my cardio and lose 20 pounds. The only drawback is I had to buy new clothes that fit.”

Looking for a way to get out of a fitness rut? Call Whole Pilates today and we’ll be happy to answer any questions about whether IT or HIIT could be right for you.



*Excerpts taken from Pilatesstyle Magazine, Vol 8, no 1

Kisses 4 Kelly

ZUMBA® fitness FUNdraiser!



Friday, April 29th 2011

7:00-8:30pm

doors open at 6:30pm



\$20/person advance or \$25 at the door

St. Luke's, 340 N. Franklin Turnpike, Ho-Ho-Kus, NJ

For Tickets: See your instructor,
go to www.zumbanewjersey.com OR call 201-962-0555

Host: SHELLEY CAPENER

Guest instructors: Missy Avalo, Tracey Zysman and Stacie DeSena



100% of the proceeds go directly to the Bjork family of Waldwick whose daughter, Kelly, is undergoing treatment for a brain tumor. Zumba New Jersey® is proud to be a part of a community that helps each other!

The workout that feels like a party™.
Open to ages 13-99. No experience required!



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 either as a regular sock or in a split toe (tabi sock) 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 last 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.

They've been catching on like crazy and are hard to keep stocked. Currently offered only in black or white, she's taking suggestions on additional colors. So let me know and I'll forward it along.

New Mat Packages at the Studio

(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.

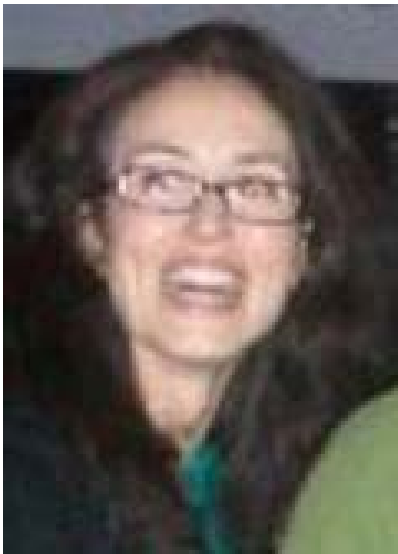
- 8—Week Unlimited, Plus \$200

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.

PS—I've never seen Karen this fuzzy in real life. We're just waiting for a photo from her that reflects her sharp clarity.

May 2011

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <u>11am</u> Intermediate Pilates Mat	3	4 <u>9:15am</u> Intermediate Pilates Mat	5 <u>7:15pm</u> Pilates Technique	6	7 <u>9:30am</u> Intermediate Pilates Mat
8	9 <u>11am</u> Intermediate Pilates Mat	10	11 <u>9:15am</u> Intermediate Pilates Mat	12 <u>7:15pm</u> Pilates Technique	13	14 <u>9:30am</u> Intermediate Pilates Mat
15	16 <u>11am</u> Intermediate Pilates Mat	17	18 <u>9:15am</u> Intermediate Pilates Mat	19 <u>7:15pm</u> Pilates Technique	20	21 <u>9:30am</u> Intermediate Pilates Mat
22	23 <u>11am</u> Intermediate Pilates Mat	24	25 <u>9:15am</u> Intermediate Pilates Mat	26 <u>7:15pm</u> Pilates Technique	27	28 <u>9:30am</u> Intermediate Pilates Mat
29	30 <u>11am</u> Intermediate Pilates Mat	31	1 <u>9:15am</u> Intermediate Pilates Mat	2 <u>7:15pm</u> Pilates Technique	3	4 <u>9:30am</u> 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 here 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