

[Recession or Deprivation? What Happens When You Give Up The Very Things That May Help You Thrive?](#)

By Brooke Siler

What a droll city New York would be without our fancy store windows and high-priced cafes, our cosmopolitan cocktails and fitness studios on every corner (2nd floor or higher of course, but who's counting). This depressed economy has revealed a very interesting phenomenon of prioritizing our lives by dollars rather than value - health and pleasure have taken a big hit. Now I'm never going to force anyone to run out and drop a "village-saving" pile of cash on the latest season's clothing but when prioritizing luxuries I have to make my argument for Pilates.

[My studio](#) has always upheld the philosophy that health should be affordable and still excellent and to that end I have always kept class prices low and class size to a minimum. But even with the utmost integrity I have seen the economy make shadows of my former die-hard Pilates students.

It's simply hard to convince most people that Pilates isn't a luxury but a necessity when it comes to thriving in tough times.

Pilates may be known for sculpting long, lean Hollywood bodies (for which I will take my due credit or criticism) however the deeper effects are far more interesting (And please note that I am not referring to just any old Pilates -- only the really good, authentic, 1st generation Pilates that uses original design specifications for its equipment and requires years of training for its teachers -- because truly there is some bad, bad Pilates happening out there since the name went public...but more on that at another time).

A Pilates session is a conscious commitment to yourself and your health. Pilates is an anti-aging system with a proven ability to increase bone density and mobility in aging joints (just think of all the insurance money saved from eliminating broken bones and torn muscles)! Pilates stimulates both the parasympathetic nervous system (known as the "rest and digest" regulator) and sympathetic nervous system that helps keep you on your toes so you are at once de-stressing and awakening. Pilates accesses reflexology

points to stimulate greater organ function (heart, lung, colon and kidney points are all stimulated in the very first exercise). Pilates teaches you to breathe and focus without needing to actually stop or meditate so you are better able to think on your feet (literally).

And by the way - could anyone pick up [a book on Pilates](#) and affordably continue practice at home? Of course! (Although without the apparatus the aforementioned effects are minimized). And they can also find quiet time to meditate, reflect, write in a journal, take a walk at lunch-time, tell their folks how thankful they are to have had them as parents, etc. But will they? Doubtful. (Why they won't is a much bigger topic that I plan to delve into the not too distant future.) For now, suffice it to say that those chances are slim.

So here are my Top 5 reasons why Pilates should make the short list of "luxuries to keep" in a recession:

5. Pilates elicits gravity defying results -- knocking out the cost of cosmetic surgery from your budget altogether.

4. Pilates keeps Crackberry junkies aware of meaningful inter-personal relationships with actual human beings.

3. Pilates creates flexibility where you are stiff and toxin-ridden and strength where you are weak and wobbly.

2. Pilates reminds you to stand up straight which fixes a wealth of stress-induced problems and just looks better across a dinner table.

And my number 1 reason to keep up with Pilates even in a recession is:

1. No one cares more about making you feel great than a Pilates teacher on the day of your session. (Not even your therapist).

The moral -- any stress caused by worrying about losing money on a "luxury" like Pilates is clearly overridden by its myriad benefits -- and for all you know taking an hour out for Pilates may be just the thing that hones you at the helm when you return to work with a clearer mind and sharper reflexes.



"I'm two weeks away from my Pilates badge."



Colleen's Corner

Round Out your Pilates with Cardio

Finally it seems like summer around here and the urge to get outside is overwhelming after weeks of rain and escargot farming. It's a perfect excuse to round out your Pilates exercise with some nice heart warming, fat burning cardio (aerobic) exercise.

As many know, Pilates makes every movement discipline and exercise better; more efficient with faster recovery and maintenance of flexibility, but even if you are not currently involved in a sport (tennis, golf) that would improve with Pilates, just committing an extra 30 minutes to your Pilates exercise routine, with a 'power walk' or jog, can make a big difference in your overall state of being.

A great way to start is to arrive 35 to 40 minutes early for your mat class with good sneakers and a watch. Then head out at a brisk walking pace in the direction of your choice, and in 15 minutes, turn around and start heading back. You arrive warmed up and ready for mat. (the extra 5- 10 minutes takes into account that you might slow a little at the end or need a little 'futz time'.)

If your goal is just to warm up a bit, you can leave it at that, but if you're trying to burn off some calories or to get a healthier heart and more endurance, you'll need to add another couple of days/week and to gradually change it up a bit.

Tie your power walk to your second mat class that week, or just go on your own another time. But within a few short weeks your body will have adapted to this simple walk and will need a change in the routine to continue to change your body. This is where you can begin to add interval training to your cardio.

Intervals of higher intensity work alternating with easier intensities 'confuse' the body and burns more calories. It also conditions your body gradually to allow you to handle harder workouts, such as jogging or running. There are many ways to do intervals depending upon your goal, but here's an example of a simple one.

5 minutes: walk briskly to warm up
1 minutes: jog
2 minutes: walk briskly
1 minute: jog

Continue like this until you're back at the starting point, making certain you finish with the walk. Intervals of running/ walking or running/jogging can be worked in in future weeks, or the cardio time can gradually be lengthened. Anyway, have fun this summer.

July/August, 2009

SUN MON TUE WED THU FRI SAT

28	29 <u>11am</u> Intermediate Pilates Mat	30 <u>7pm</u> Advanced Pilates Mat	1	2 <u>7pm</u> Beginner- Intermediate Pilates Mat	3	4 <u>8:30am</u> Intermediate Pilates Mat
5	6 <u>11am</u> Intermediate Pilates Mat	7 <u>7pm</u> Advanced Pilates Mat	8	9 <u>7pm</u> Beginner- Intermediate Pilates Mat	10	11 <u>8:30am</u> Intermediate Pilates Mat
12	13 <u>11am</u> Intermediate Pilates Mat	14 <u>7pm</u> Advanced Pilates Mat	15	16 <u>7pm</u> Beginner- Intermediate Pilates Mat	17	18 <u>8:30am</u> Intermediate Pilates Mat
19	20 <u>11am</u> Intermediate Pilates Mat	21 <u>7pm</u> Advanced Pilates Mat	22	23 <u>7pm</u> Beginner- Intermediate Pilates Mat	24	25 <u>8:30am</u> Intermediate Pilates Mat
26	27 <u>11am</u> Intermediate Pilates Mat	28 <u>7pm</u> Advanced Pilates Mat		30 <u>7pm</u> Beginner- Intermediate Pilates Mat	31	1 <u>8:30am</u> Intermediate Pilates Mat

Classes held @
Leflein Group Focus Inn
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Ringwood



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Pilates

Classical Pilates Mat (1 hr):
(BLUE)

\$150 for 10 1 hour classes in
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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