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It's that time of year again. Look inside for recipes, an informative article on Pilates as Joseph designed, new teachers joining us, our latest schedule, and even more specials.



Colleen's Corner

Well, here we are again at year's end, and again, with many challenges and many blessings. I'm very excited about this newsletter, because it's filled with the same; challenges and blessings.

One of the 1st blessings can be seen below with a lovely recipe from Grace Schmidt for something sweet for the holidays.

Another blessing is that Karen Westhelle has just completed Romana's Pilates rigorous certification and apprenticeship. She's much inspired with the full repertoire of the Pilates work fresh in her mind. She and Karen Lowe will now be accepting clients here at the studio. Karen Lowe, with her lovely energy, has been teaching the authentic Romana's Pilates for years and has daytimes available.

The challenge is one of Pilates. On page 3 you'll find an article about the Pilates work as originally written in Joes book, Return to Life. The author challenges us to do the exercises in the order he provided, 4 times/week for 3 months and observe the amazing changes in our bodies. I'm in. You?

Yogurt Zucchini Bread with Walnuts

From Grace Schmidt

1 cup walnut halves (4ounces)
1/2 teaspoon baking powder
3/4 cup plus 2 tablespoons sugar
1/2 cup vegetable oil
1 cup coarsely grated zucchini

2cups all-purpose flour
1/2 teaspoon salt
2 large eggs
1/2 cup fat free plain Greek yogurt

1. Preheat oven to 325. Butter and flour a 9-by-4 1/2 metal loaf pan. Spread walnut halves in a pie plate and toast them for about 8 minutes, until they are fragrant. Transfer the toasted walnuts to a cutting board and coarsely chop them, then freeze for 5 minutes to cool.

2. In a large bowl, whisk the flour with the baking powder, baking soda and salt. In a medium bowl, mix the sugar with the eggs vegetable oil and fat-free yogurt. Add the wet ingredients to the dry ingredients along with the grated zucchini and toasted walnuts and stir until the batter is evenly moistened. Scrape the batter into the prepared pan and bake for about 1 hour and 10 minutes, until the loave is risen and a toothpick inserted in the center comes out clean. Let the loaf cool on a rack for 30 minutes before unmolding and serving.

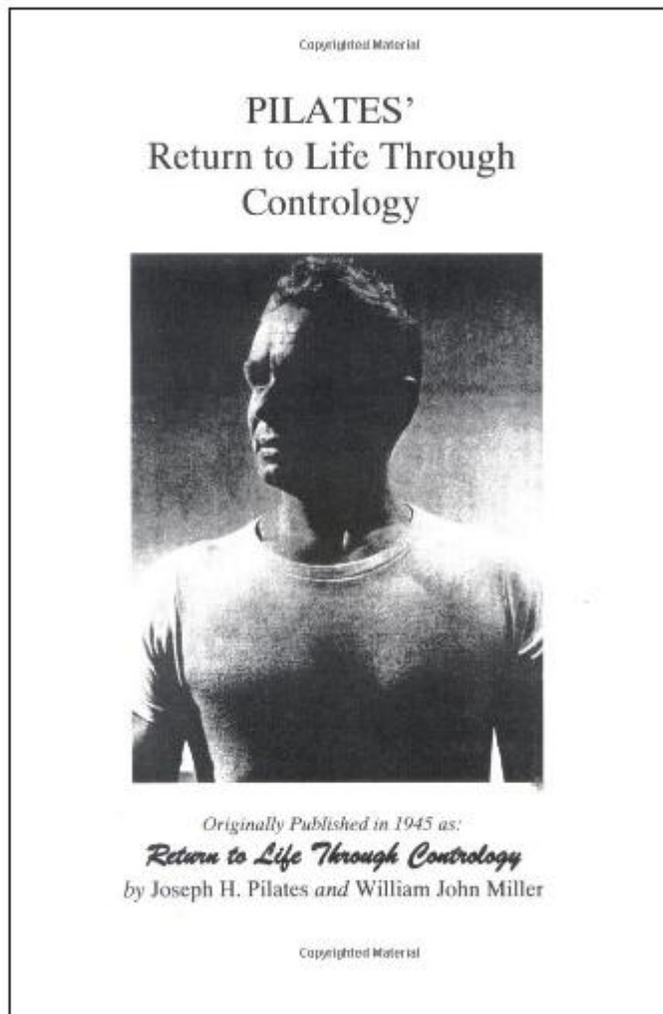
The zucchini loaf can be wrapped tightly in plastic and kept at room temperature for up to 4 days, or frozen in plastic and foil for up to 1 month

Joseph Pilates Mat Challenge!

Pilates Exercises Help You Return to Life!
Why Using the Principles of Contrology Will Help You Reap Big Rewards for Whole-Body Health from your Pilates Training Program.

By Aliesa George

First, I would like to say that I have been teaching Pilates since 1994 and I am all for creativity and exploration. I will do anything I can to help my clients find, feel, and fix the things that need to be improved upon within their bodies to reach wellness goals and improve their quality of life. However, I feel that as Pilates has evolved, we are now living in a world where people “think” that they’re doing “Pilates” but in reality they might be using a Pilates toy or piece of equipment and not really doing Pilates at all. Add the word “Pilates,” or part of the word to any other exercise technique and you’ve got a hybrid that may or may not share a bond with its true Pilates roots. You can now find a multitude of other techniques



out there that have taken something from Pilates (or the name at least) combined it with other techniques and created a whole new marketing and business venture.

These programs may have great benefits and provide a fun and valuable workout, but somewhere along the way, the brilliant work of Joseph H. Pilates may have been lost because perhaps it wasn't really understood in the first place. Or perhaps someone thought that there wasn't enough money to be made just teaching Pilates, so let's make it “fresh” and put a new spin on it.

Is the goal of a Pilates teacher to become the next famous Pilates Diva or Divo and get their name up in lights? I do agree that more visibility is good to help get more people participating in exercise programs, but is it “Pilates” that's being sold, or something else? Buyers beware.

Sadly, this is not just the clients misfortune, but it is a trickle down effect. Pilates teachers often do not clearly define during a workout or workshop if they're doing a “traditional” exercise, modification, or just something fantastic that they created that they are eager to share with clients and other teachers. While being creative and exploring Pilates, it is important that students are clear on what Joseph Pilates taught and if they're exploring a different variation of the exercise. Many believe they are doing “Pilates” but the workout may or may not actually contain a true Pilates exercise.

I believe there are many students out there (and probably some Pilates teachers) who have probably never really experienced a Pilates Mat workout as Joseph Pilates intended. (Starting with the Hundred and going through the Matwork in the order and sequence that Joe recommended the exercises be done in his book *Return to Life*.)

Here's my first challenge to all of the Pilates students and teachers out there; If you haven't ever read *Return to Life Through Contrology*, by Joseph H. Pilates, get a copy and enjoy sharing a moment with Joe to learn the work from his perspective. In fact, I bet you'll pick up new tidbits of information each time you re-read the book. Make a once a year commitment to revisit this text to glean a little more of Joe's wisdom.

Have you experienced doing the sequence of Pilates Matwork exercises in the order he has them in *Return to Life*? If you are a Pilates teacher, how many of your healthy Pilates students know and consistently do the exercises in this order?

I am positive that the order has a purpose, and is a part of the substantial and brilliant benefits from practicing the work. And while there may be many additional exercises that you know and consider to be "Pilates Matwork," when Joe published this book in 1945, these 34 exercises and the order in which they are listed were the ones that he felt motivated to share. Joe wanted to encourage the world to do these exercises consistently, 4 days a week to improve mind, body, spirit, and whole-body health. Have you ever done these 34 Pilates Mat exercises four days a week for three or more months to experience the benefits? Try it and see what you learn about yourself and your body. Notice the huge and subtle changes you experience along the way! Encourage your healthy Pilates students to make the same commitment! It boils down to approximately 48 Pilates Mat workouts in 3 months. And if you're working with a good flow and know all the exercises, this can be accomplished in 20-30 minutes or less! By the time you make it to the other side of three consistent months of Matwork, I'll bet you'll have the time carved into your weekly schedule to stick with it! And you will definitely have a stronger, leaner, more flexible body! Teachers - you will also have lots of great insights that you've found in your own body to share with your classes and private training clients. Everybody wins!

Now, with that said, as a Pilates professional I do understand that not every exercise is for every person, and making smart choices as a teacher is what keeps our students coming back to learn more. These exercises were designed to be done by healthy people to maintain good health. If you're not 100% injury-free, then perhaps there are exercises on this "traditional" Pilates exercise list that should be avoided or omitted. If you're a student, a well-trained Pilates teacher can help teach you alternative exercises that would be safer and more appropriate instead. Perhaps a modification is only temporary until your body gets stronger, or it may be that an alternate exercise is the best choice for you forever.

It would be refreshing to see how many people (Pilates teachers and students) will commit to

taking a 12-week Pilates Mat Challenge! Minimum of 4 workouts a week, doing the 34 Pilates Matwork exercises in the order listed in Return to Life! Are you up for the challenge? I'd love to hear from you, what are your challenges, ah-ha moments, and success strategies? Celebrate wellness success and Return to Life with Pilates! *(Hey! Who's in this with me? New Years, we're starting. Colleen)*

About the Author: *Aliesa George has been sharing her experience and expertise for more than twenty-five years as a wellness expert, Pilates teacher, teacher-trainer, workshop presenter, and author.*

Return to Life by Joseph H. Pilates can be found in many bookstores, including online on Amazon.

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



Karen Lowe

Certified through Romana's Pilates, Karen has been involved with Pilates for 8 years, and teaching for 6. Coming from many years of dance and ballet, she has also taught tap, swing and ballroom.



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. Such a diva!

December, 2009

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

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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