

Authentic Pilates Stillwater

Fall 2008

Notes from the Studio

No Scheduled Sessions: November 26th, 27th, or 28th.

We continue to wish **Gladys Ritter** well. We think of her often and miss her very much.

Congratulations to **Susan Jolits**, who has attained Level II Dressage.

Keep the Studio Healthy. The flu and cold season is upon us. Please don't hesitate to cancel your session if you are not feeling well.

Bulletin Board with upcoming events and notices is located at the entrance. Please take a moment to review.

Fall Mat Classes are offered (1-4 people per session) Fridays from noon to 1pm. If interested, please use the sign up sheet.

Please remove shoes when entering the studio.

Duet Cancellation Policy: 24-hour cancellation required.

Pilates Booties are available for sale for \$20. We're working to get more **leggings** and **unitards**. **Tee shirts** will be available at the end of November. **Clarins** products will be here in time for the holidays.

Gift Certificates are available, in any denomination.

Payment by check should be made payable to Authentic Pilates Stillwater (rather than Michelle Utin).

Health Tip

Vitamin C – is an antioxidant that maintains tissues, promotes healing, and boosts immunity. It may reduce risk of cancer, sun damage, heart disease, and cataracts.

Good source: Vitamin C supplements – look for ascorbic acid, ascorbyl palmitate, or calcium ascorbate.

Best food source: Citrus fruits, brussels sprouts, peppers, leafy greens.

Six Principles of Pilates:

Breathing • Concentration • Centering

Control • Fluidity • Precision



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Thank you for your patience and understanding as I hopped around on one leg for the last few weeks! My Pilates training and fitness level have proven to be very beneficial for my rehabilitation.

Thinking ahead to winter sports, I have concentrated this newsletter on skiing tune-up exercises, to strengthen key muscle groups and prevent injury. **Pre-season training should ideally begin eight weeks prior to going skiing ... now is the time!**

Winter Sports Tune-up: Skiing

Legs are the most significant and overworked part of the body in skiing. For this reason, it is important to strengthen the lower extremity muscles. Many injuries occur when falling backward, or from too much pressure on the knee joint when weight shifts forward from lack of strength in the power house and poor balance.

Shoulders and **back** can be injured by the impact of placing the poles into the snow or by falling on an outstretched arm. *Pullstraps*, *swimming*, and *pushups* all strengthen the lower back, shoulders, and abdominal muscles.

ROUTINE FOR SKIERS: DO THREE WORKOUTS PER WEEK. →

Source: *The Pilates Edge* by Karrie Adamany and Daniel Loigerot.

Strengthening Exercises:

Teaser #5 - with one leg, to increase trunk flexibility for turns.

Pull Straps I - to stabilize trunk and strengthen shoulders.

Thigh Stretch - to relieve overworked legs and lower hips, good for balance and control.

Jump Up - to increase power of legs.



THE HUNDRED



ROLL UP



ROLLING LIKE A BALL



SINGLE LEG STRETCH



DOUBLE LEG STRETCH



SINGLE STRAIGHT LEG



DOUBLE STRAIGHT LEG



CRISS CROSS



SPINE STRETCH FORWARD



NECK ROLL



PULL STRAPS 1



NECK PULL



SIDE KICK: INNER THIGH LIFT



SIDE KICK: DOUBLE LEG LIFTS



TEASER 1



SWIMMING



PUSH-UP



SEAL



JUMP UP



LUNGE



ARM WEIGHTS: THE BUG



WRIST ROLLS



STRETCH LEG CROSSED BEHIND



CALF STRETCH