

CONDITION YOUR BOD!

... WITH PILATES,
SAYS NAWAZ MODI

THEY say: Everything old becomes new again. And the 70-year-old, internationally recognised workout technique Pilates (pronounced puh-la-tees), goes to prove just that.

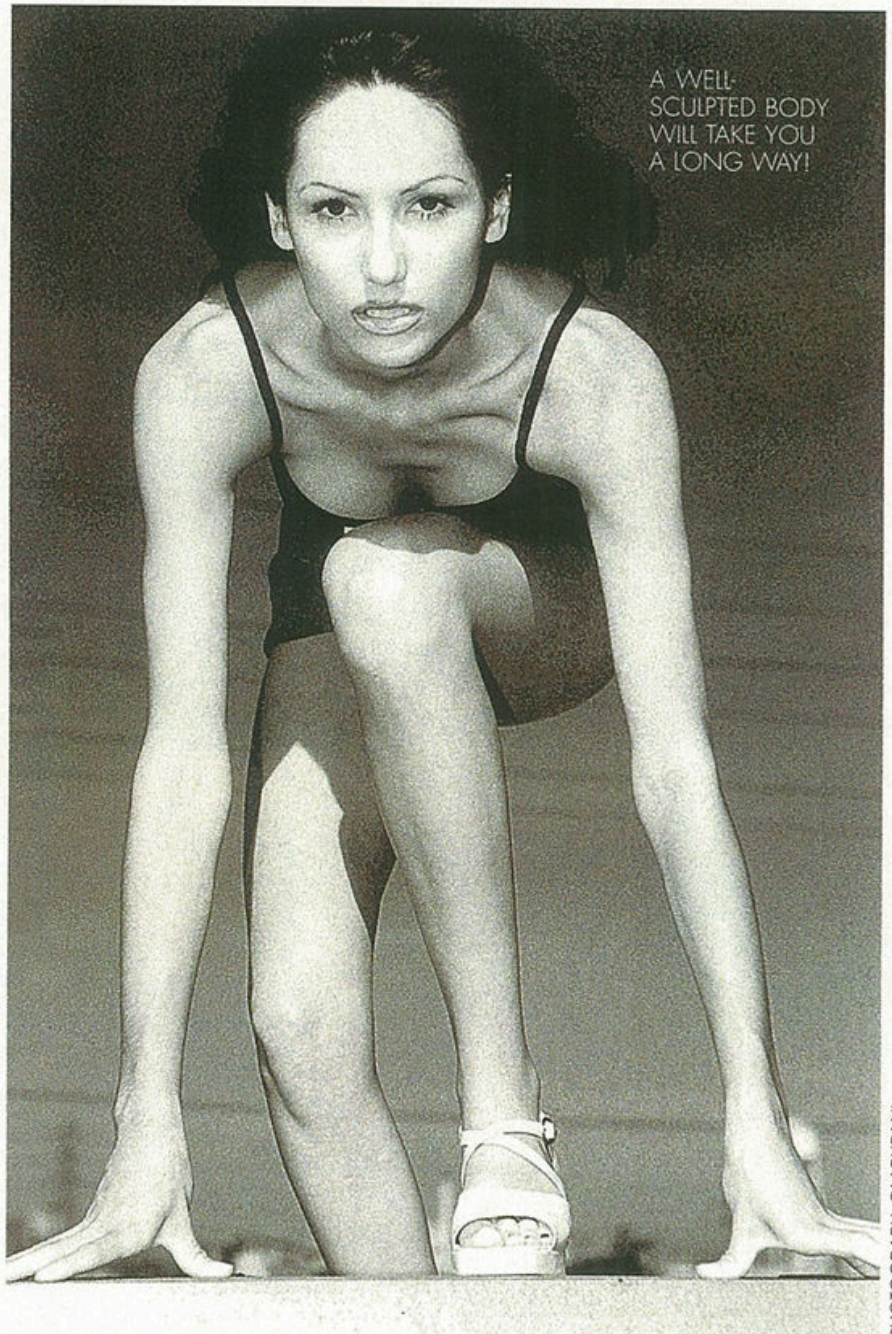
The all encompassing technique offers benefits to just about everyone — from sedentary office workers to professional dancers.

WHAT IS PILATES?

Pilates is a series of approximately 500 exercises, a programme that focuses on improving flexibility and strength without building bulk. Legendary physical trainer and founder of the Pilates Studio, Joseph H Pilates, who developed the technique in 1923, says, "It is the mind which builds the body." He adds, "Winners don't do different things; they just do things differently." Some of the first to use the Pilates Method were dancers like Martha Graham, actresses Katherine Hepburn, Sigourney Weaver and Glen Close, tennis great Martina Navratilova, and singer Nancy Sinatra. Even film star Gregory Peck turned to this system.

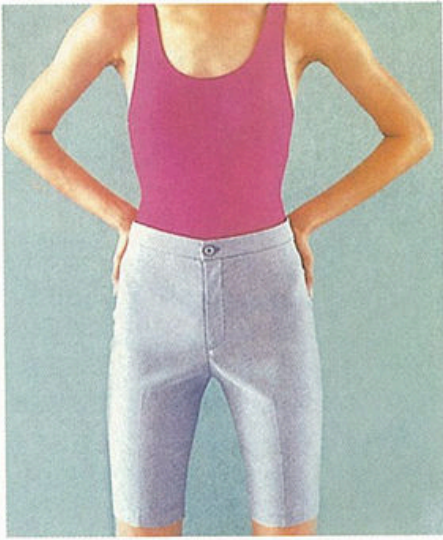
FOR THE PERFECT BALANCE

Pilates promotes physical harmony and perfect balance for people of all ages and



A WELL-
SCULPTED BODY
WILL TAKE YOU
A LONG WAY!

PHOTOGRAPH: OMIRUPANI



GO ON, GET
YOURSELF A FIT
BODY

physical conditions, while producing a refreshing and revitalising workout.

Recently discovered by physical therapists, chiropractors and orthopaedics, the method can permeate into rehabilitative exercise and physical therapy courses designed to speed up the recovery of soft tissue injuries.

Other than this, Pilates is used internationally by individuals at all levels of fitness as well as by dance companies, Broadway shows, students at performing arts schools and universities, sports teams, spa clients and fitness enthusiasts at health clubs and gyms.

It can also be used safely by pregnant women to learn proper breathing and body alignment, improve concentration, and recover body shape and tone after pregnancy.

HOW IT WORKS

The exercises can be done on a simple mat, though. You could also use exercise equipment if you want. The main equipment then, would include: The universal reformer, tower, the wunda chair, barrel, cadillac, pedipull, mat and magic circle.

While some other programmes take a 'specific body parts' approach to conditioning, with an isolated exercise approach for each muscle group, Pilates compounds muscle groups and trains the whole body, coordinating the upper and lower musculature with the body's centre. The Balanced Body Method strengthens and stretches, resulting in long, strong and lean muscles.

No muscle group is over-trained or under-trained. The result: Sleek, strong, muscular bodies.

The Balanced Body Method should be combined with effective aerobic activity such as jogging, walking, a racquet game or cycling for a complete programme of both muscular and cardiovascular fitness.

WHAT MAKES IT DIFFERENT

More complex than other forms of exercise, Pilates is a fusion of Western and Eastern philosophies. It teaches breathing with different movements, balance, body mechanics, strength, spatial awareness, positioning of the body and flexibility. Exercises are performed from a reclining, standing, kneeling or sitting position.

For the full benefit of the method, just make sure you flow from one movement into the next, building stamina and cardiovascular fitness.

THE BEGINNING OF PILATES

German-born Joseph Pilates, as a child was asthmatic. His condition only motivated him to improve his strength and physique. And in the process he came up with Pilates.

Later in World War I, at a British internment camp, Pilates rigged a bed so that the patients could begin their recovery while still flat on their beds. This, by way of his exercise regime, which he called, Controllogy.

In 1956, 'Dance' magazine reported, "At some time or the other, virtually every dancer in New York and certainly everyone who has studied between 1939 and 1951, has meekly submitted to the spirited instruction of Joseph Pilates."

By the early 1960s, Pilates had become popular outside New York, as well.

As the 'New York Herald Tribune' noted in 1964, "In dance classes around the US, hundreds of young students limber up daily with an exercise they know as Pilates, without knowing that the word has a capital P, and a living, right-breathing namesake."

FOR MORE DETAILS CONTACT: BODY ART, MUMBAI AT 002-3802602