



Pregnancy and Pilates

Pilates can be done as intensely or as gently as the body can handle. It's also great in that it can be modified for any body type and ability. This makes it a wonderful form of exercise for women during pregnancy. As the body changes, so can the Pilates exercises. During pregnancy women are generally encouraged to continue exercising at a mild to moderate level. Like any other health condition, permission should be taken from your doctor.

There are disadvantages and advantages to anything. Some of the conditions pregnant women may experience during pregnancy are, low back pain. Usually due to a combination of factors – change in centre of gravity; increased lumbar lordosis. Loosening of ligaments resulting in increased flexibility.

Advantages of exercise during pregnancy:

- Less weight gain
- Babies are slightly smaller than babies of sedentary mothers
- Increased fitness may help mother cope with labour better.
- Helpful in the prevention of gestational diabetes
- Improved psychological well-being for the mother.

Exercise during pregnancy is said to also prevent varicose veins, haemorrhoids, low back pain, helps boost self esteem and help prepare body for the physical demands of being a parent.

Things to consider when exercising:

- During the first trimester workouts may have to be adjusted around fatigue levels.
- Throughout the pregnancy demand on the abdominal muscles should be decreased.
- During the second trimester the abdominal muscles become stretched out and some women experience diastasis recti (separation of the abdominal muscles.) With the reduced abdominal support there is a greater risk of lower back injury.
- Hormonal changes during this period cause the ligaments surrounding joints to become lax leaving them loose and weaker than normal. (Increasing the susceptibility to sprains and strains. Avoid overstretching.)
- Minimize remaining in the same position for long.
- Continue strengthening and rebalancing muscles around

joints supporting the body.

- After the 16th week the supine (lying on the back) position for long periods of time should be avoided.
- In the second trimester repositioning and the use of props for support can be used to make some positions more comfortable.

The pregnancy rather than childbirth has the greatest effect on the pelvic-floor muscle and about 64% of women develop incontinence symptoms during this time.

During pregnancy Pilates can help with....

- With postural alignment as the body changes.
- Lumbopelvic region (Changes in the centre of gravity and increased lordosis as pregnancy progresses. Strengthening 'core', back and abdominal muscles and pelvic floor muscles helping minimize incontinence symptoms.)
- Strengthen shoulder girdle (mid back and shoulders). Strengthening this area will only help for when the baby is born. Lifting and carrying a baby will require upper body

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Myths about Pilates— Pilates is easy. Pilates is for wimps.

The notion that Pilates is easy may be due to a few factors.

Pilates is very adaptable to a person's ability. There are many exercises, many variations and many little props and toys to make an exercise either more doable or more challenging for a particular body. Depending on the intensity of the work out, a Pilates class can be very easy or very demanding. As a result, when in a large group setting, not everyone will be getting the workout that suits their needs, abilities and fitness level.

The increasing interest and curios-

ity about Pilates is bringing out more people to try Pilates resulting in many more introductory and beginner classes being offered. While it is wonderful that Pilates is increasing in popularity, exposure to more intermediate and advanced exercises and variations may be limited leaving some newcomers to Pilates with the impression that Pilates is easy. Most of the exercises in Pilates focus on form and quality of the repetitions rather than the quantity. As a result, many exercises are performed slower than exercises in more common fitness settings again leaving some passersby with the idea that Pilates is easy.



Everything costs money and everything is "good" for you. It's a matter of finding what suits you and then trying to fit it in, both into your schedule and your budget. If Pilates is something you find suits you and your body, or if it is something you'd like to try then finding a way to make it fit is important.

Many places will offer mat Pilates group classes, gyms, local community centres, some businesses will offer it at the workplace, some health centres. This is a great way to introduce yourself to Pilates. If you live near a community centre, see what they offer. There are usually a selection of fitness classes including Pilates classes. The classes are usually once a week, for an hour on a particular day and time and can run anywhere from 6-12 weeks. If you belong to a gym, try some of the

Pilates classes that are offered. Sometimes fitness classes focusing on abdominals or "core" will incorporate many Pilates exercises. If you're fortunate enough to work somewhere that has a gym or that offers Pilates classes after work or during the day, that is another great way to not only become acquainted with Pilates but to also take a break from work.

These are probably the most cost effective way to sample Pilates. But there will come a time when you'll want something more challenging and may feel Pilates doesn't have anymore to offer. This isn't the case. This is when considering trying Pilates in a Pilates studio that just specializes in Pilates is worthwhile.

At a studio you will have a chance to try more than just mat exercises. There is a lot of equipment in Pilates and the exercises on the equipment can add benefit. Again, the best way is to try group classes

If you've tried Pilates and have found some benefit from it but are no longer being challenged, ask your instructor if there are modifications to the exercises that can be done to challenge you again and/or consider looking into trying a class or two at other facilities offering Pilates. One or two private sessions with a Pilates instructor at this point may also be beneficial at finding out other areas to focus on and re-igniting the challenge with Pilates again. Usually a Pilates studio specializing in Pilates will be able to suggest ways to add more challenge to the exercises and classes again.

Ways to make Pilates fit.

and now that you're in a studio try taking an equipment class. Reformer classes are the best way to introduce yourself to the equipment. In most studios there will either be an orientation or introductory compulsory session before striking out on your own and joining any of the equipment classes. It is best to view this session as an introduction to the equipment because after all, no one wants to get hurt and there is always a chance of getting hurt when using equipment. Just as in a gym, if you have no experience with weights or machines found in a gym, a personal training session is advised just to show you how to use the equipment safely.

Once you find a studio and instructor you like, takes things at your own pace. Don't rush to keep up with others in the class. Most Pilates classes have people with differing years of experience with Pilates. Enjoy yourself and have fun.

Staying Energized during the Holidays

With the holiday season coming up not only is it a rush to get ready for the actual holiday it is also an increasing struggle to keep from putting on a few pounds and feeling less than 100%. There are all sort of statistics on the number of pounds gained during the holiday season. It's all very confusing but it seems to be on average about 1 pound is put on during the holiday season. For those that are already overweight this number is higher. Doesn't sound like much but that 1 pound is hard to loose come January. Over time these pounds add up. There are tonnes of lists on how to prevent weight gain over the holiday period.

Summarizing the most common points...

Eat before the party. (But eat sensibly. A healthy snack, yogurt, fruit, granola..something small but filling and satisfying

so that when you get to the party you don't inhale all the cookies and treats.)

Have one truly sinful treat

(..that is satisfying and enjoy it. It's important not to deprive yourself during the holiday season. You don't want to feel left out when everyone else is indulging and you're not. After all, it's a festive time of the year, enjoy yourself.)

Account for what you eat. (This will help anytime of the year.

Keeping a food diary helps keep track of everything that you're putting into your mouth. If you start loosing track, you've probably eaten too much.)

Don't taste all the food you prepare over the holidays. (If you've been entrusted to prepare meals for the holidays, your food probably tastes

great.)

Stay active during the holiday season.(Walking

to the groceries or parking a little further away from the entrance in the parking lot are all great ways to maintain activity. But if you were going to the gym or doing some sort of regular activities, don't give it up just because it's the holidays. A temporary reduction of activities may be necessary but take an exercise break and go to the gym or go to your exercise class and enjoy the time away from all the hustle and bustle.



One caution though, try not to use exercising during the holidays as an excuse to eat more. Usually there is an overestimation of how many calories were burned when exercising vs. the number of calories you're putting into yourself.)

Don't skip meals.(Eating frequent small meals will help keep the metabolism up.)

Socialize. (Talk and catch up with friends and family rather than just eating with them.)

Stay hydrated. (Drink constantly, before and during meals. However, drinking alcohol will limit inhibitions and most tend to eat more when they drink alcohol. So try to drink non alcoholic beverages. Not only will you feel fuller but you will feel better.)

Fill up on sensible foods.

Eat smaller portions.

Stay away from snacks. (If you must snack, try sensible options.)

Lots of points to keep in mind. Keep it real simple...eat sensibly, get plenty of rest and take exercise breaks.

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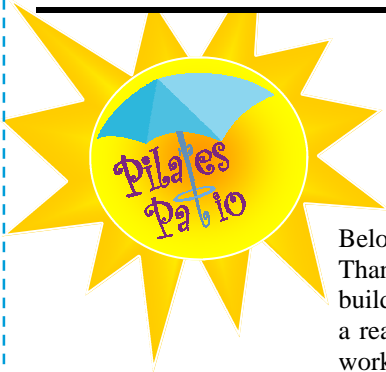
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2279 QUEEN ST. EAST
 (2ND FLOOR)
 TORONTO, ON, M4E 1G5
 TEL: 647-802-3508
 EMAIL: lani@pilatespatio.com

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www.pilatespatio.com



Below is a copy of our working schedule. Thanks to everyone who has helped us build our virtual schedule and turn it into a real live schedule. We look forward to working with all of you in the new year to continue building our schedule and provide more Pilates to the Beaches.

PILATES CLASSES

We have started a new PILATES INTRO class on Saturday mornings at 11:30am. Drop in or book a spot and try Pilates. Let any interested friends or family know about us and we'd love to meet them.

NOTE: If this time isn't suitable, our \$10 NEW CLIENT SPECIAL is still available. PRENATAL PILATES CLASS takes place on Fridays at 6pm. Space available.

OUR SCHEDULE...SO FAR!

- Classes are 60 mins in length.
- Start time of class is indicated.
- Shaded classes are active.
- Unshaded class time slots we want to fill.
- Help us fill in the unshaded time slots.

HOUR	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am							
8:00							
9:00		Reformer 9:15		Reformer 9:15		Reformer 9:15	Pilates 9:15
10:00	Mat 10am						Reformer 10:30
11:00	Reformer 11am						PILATES INTRO 11:30am
12:00pm	Pilates 12pm	Pilates 12pm	Reformer 12pm	Pilates 12pm	Pilates 12pm	Reformer 12pm	
1:00			Pilates 1pm	Pilates 1pm	Pilates 1pm	Pilates 1pm	Reformer 1:30pm
2:00							
3:00							
4:00		Mat 4pm					
5:00		Pilates 5pm	Pilates 5pm	Mat 5pm	Pilates 5pm	Pilates 5pm	
6:00		Pilates 6pm	Pilates 6pm	Pilates 6pm	Reformer 6pm	Prenatal Pilates 6pm	
7:00		Reformer 7pm	Reformer 7pm	Pilates 7pm	Reformer 7pm	Pilates 7pm	
8:00		Pilates 8pm	Pilates 8pm	Pilates 8pm	Pilates 8pm	Pilates 8pm	