



“It is unfortunate we can't buy many business executives for what they are worth and sell them for what they think they are worth.” ~Malcolm Forbes

### Pilates Matwork—NOT JUST ‘CORE’ WORK

The majority of people who have heard of Pilates associate Pilates with “core” exercises, exercises done on the floor on a mat. Many of us have bought a dvd or video, lied on the floor in front of the TV enthusiastically following the exercises presented by Mari Winsor or one of the many Stott dvds or the Pilates for Dummies instructor. Perhaps you’ve taken the weekly office Pilates mat class, or gone to the local community centre every Tuesday night to lie on the floor doing Pilates. However you started Pilates, it was probably on the mat. And it was great at the beginning – feeling more energized, slimmer, more toned, pants and dresses fitting better. In time though, you probably noticed you either reached a plateau, things weren’t getting any trimmer, your ‘core’ was stronger but what about your arms, and legs? The same challenge you felt when you started,

wasn’t there anymore. There is more to Pilates mat work than just “core” exercises on the mat. There are so many props and toys that can be used to keep that initial challenge there but more importantly, to get other areas of your body, arms and legs in particular, working. Props such as the Swiss balls, foam rollers, band, rings, toning balls and more. The props and toys are good way to help further challenge the deeper stabilizing muscles thus challenging balance such as the Swiss ball, foam roller, stability cushions. The resistance used during Pilates is never very large however holding a couple of toning balls throughout an entire Pilates class even just a few pounds in each hand, will help work on the deltoids, triceps and biceps giving a more toned arm over time and stronger upper body. Exercises in Pilates aren’t just done

lying down. There are exercises that work all planes of movements of the body including rotation. Flexibility is also developed during Pilates, flex bands, foam rollers, Swiss balls and more can all be used to stretch out the legs, upper body, back and more. Posture and articulation of the spine is a large part of Pilates. The body can be benefited in so many ways through Pilates. Pilates mat work is not just “core” exercises.

Find out more about the types of classes that can be done in a mat work setting of Pilates.

<http://www.pilatespatio.com/promotionsOttawa.html>

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## RON FLETCHER

Ron Fletcher, May 29, 1921 - December 6, 2011, was a Martha Graham dancer in New York City in 1946 when a chronic knee injury brought him to Joseph and Clara Pilates. His dancing career was long and illustrious but not without its pressures. After battling alcoholism through Alcoholics Anonymous meetings and daily Pilates sessions with Clara, Ron Fletcher was inspired to teach Pilates. Ron was asked to teach at Joseph Pilates' studio in New York but wanted to be in LA. Ron Fletcher opened his own Pilates studio in Beverly Hills, Studio for Body Contrology, including clientele such as Barbara Steisand and Candance Bergen.

Using the methods he learned from Joe and Clara Pilates along with the work he did with Martha Graham and Yeichi Nimura, Japanese choreographer, Fletcher developed new innovations such as The Standing Towel Work and Percussive Breathing. He lived the rest of his life in Texas running two teacher training schools in Arizona and Colorado.

## FLETCHER PILATES

Ron Fletcher was one of the Joseph Pilates' students who went onto take Joseph Pilates' methodology of movement and develop his own interpretation of it. This new interpretation of Pilates is known as the Ron Fletcher Pilates method and is taught all over the world.

So what exactly is different in the Ron Fletcher method of Pilates compared to "Pilates"? Fletcher Pilates isn't so much about what is different but what has been added? The same familiar equipment and exercises developed by Joseph Pilates is still present. The interpretation, additions and variations are what makes the Fletcher Pilates style and this comes from the creator himself. Ron Fletcher was a dancer so was passionate about everything from choreography to the lines of the energy and breath. The joy in movement is more important that gaining strength and flexibility. This joy of movement probably comes from Ron Fletcher's background as a dancer. The inten-

tion within the style is to fully embody "the divine mechanism." This is a fundamental distinction in the Fletcher Pilates between function movement and movement potential. While functional movement/fitness is important from a Fletcher Pilates perspective is misses a kind of creative potential in the bodies. Ron Fletcher's approach is to ask, "What movement can I pull out of this person?" rather than looking at what the body can or can't do or what needs to be modified. There is still structure but now the view that is taken is "what are people capable of within a system of structured movement?" a much more open perspective than "what needs to be fixed?" Which is a common approach of many Pilates instructors.

So what is specific to Fletcher Pilates?

He was the first to take the work fully into a standing, including moving across the floor (inspired by his dance background.)

Ron Fletcher created the Fletcher Towelwork. This is a set of coordinated movements and breath

that is done with a rolled towel. It helps to teach shoulder (scapular) stabilization and use of the arms.

Percussive breathing technique. Ron Fletcher brought more definition to Joseph Pilates' emphasis on breathing by creating this Percussive breathing technique. The sound that is heard when doing the percussive breathing technique is a by product of the core and diaphragm and muscles, or the 'breathing apparatus' as terms by Ron Fletcher. The breathing is coordinated with movement and sometimes divides the inhale or exhale into a series of shorter bursts of taking in or releasing air. The breathing should still have a softness to it and is meant to match the quality of the movement and energize it. The idea behind Fletcher Pilates is to be more movement based rather than exercise based, inspiring the joy of movement.

More about Fletcher Pilates at

<http://www.fletcherpilates.com/>

## BELLY FAT— *by Stefania Basile*

Since we are all equally *motivated* and *THRILLED* when it comes time to doing the “Pilates 100” why is it that some of us just can't seem to reduce some unwanted inches around our belly? We are all shaped differently which gives us the motivation to target our “problem” areas with different exercises however with the rise of heart disease and many other health conditions associated with those extra inches around the waist, it is important to make sure we are filling our bellies with the right kind of food in order to reach a healthy shape! With so much information out there it is important not to feel overwhelmed. Choosing the right kind of food should never be based on what you shouldn't eat but simply based on what it is that you should be eating!

To keep things simple we will start by looking at some different aspects of nutrition and the foods that play a helpful role in shedding extra inches around the waist. Fibre, protein, and believe it or not fat all have something to offer and can easily be found or added to many of our favourite recipes. Even the slightest change you make to your diet should be considered an accomplishment so don't feel like you have to change everything all at once!

I hope you don't mind me asking but who actually likes “bran buds” anyways? I know they look absolutely fantastic, but lets be serious why would anyone in their right mind care to have a little sprinkling of these “buds” in their cereal, salad, or even their yogurt! The truth of the matter is, is that they contain insoluble fibre which

plays an important role in the movement of material through the large intestine. However, when it comes to targeting belly fat specifically, you want to find foods that contain soluble fibre. Soluble fibre dissolves in water and slows down the movement of material through the small intestine which makes you feel full longer. This type of fibre can be found in foods such as barley, oatmeal, lentils, fruits and vegetables and may contribute to healthy blood cholesterol and blood sugar levels in the body. Slowly increasing your fibre intake and drinking plenty of water is key in order to avoid any discomfort with digestion, and even though soluble fibre targets that stubborn belly fat you want to make sure you are getting a balanced diet and including insoluble fibre as well.

Whether you are vegetarian or love to eat meat a complete source of protein is one that contains all 9 essential amino acids. Protein is required for cell growth, repair, maintenance and can help us feel full longer. Sticking to lean meats such as chicken, or opting for a lighter fish will give you the benefits of a complete source of protein while avoiding the high fat content associated with other cuts of meat. As for vegetarians, black-eyed peas, lentils and even chickpeas offer almost the same quality of protein as meat and cost much less! Like anything in life moderation is key here so having a healthy balance of carbohydrates and fats will give our bodies energy to metabolize our foods effec-

tively.

Last but not least the topic you are most surprised to see on the list, fat! Fats should never be ignored or eaten only as a treat, fat after all is what gives our food flavour and leaves us feeling satisfied! Foods containing monounsaturated or polyunsaturated fats are the best options since they both contribute to lowering bad cholesterol while monounsaturated fats help increase the good cholesterol in our bodies. Almonds for example contain both polyunsaturated and monounsaturated fats while avocados are a good source of monounsaturated fat, and salmon being a good source of polyunsaturated. As for salad dressing or preparing your vegetables try replacing your love of butter with olive oil. Fat is a vital source of energy so there is no way around it, just make sure you are avoiding saturated fats. Saturated fats tend to be in a lot of fast foods and are often really tempting options when we are on the go. Try pre-planning your meals and snacks so that you don't get trapped in line at the drive-thru. Your waist line will thank you later!

The list can go on but hopefully this gives you something to think about the next time you are at the grocery store or planning your next meal. Sticking to the food guide but maybe weighing your options a little bit more carefully will hopefully lead you to a flatter belly. While fibre, protein and fat are common sources of nutrition, knowing how they can positively contribute to the shape of your body just might make them all the more tastier!

# STUDIO

LENGTHEN, STRENGTHEN and ENERGIZE

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## STRENGTH TRAINING SYSTEMS

There are various strength training systems. A common training system is the *single set system*.

**Single Set System:** One set of each exercise to failure or near failure is performed. A single set of 8-12 repetitions causes significant gains in strength. 8-10 exercises should be sufficient for a well rounded program. Before doing the single set a warm up set at 50% the maximum weight would be appropriate. Something to keep in mind, while more sets, results in better strength gains, however the extra increase in strength is not proportional to the extra effort.

All the other strength training systems are classified as *multiple set systems*.

**Multiple Set System:** The multiple

set system is just that, more than one set of an exercise done to failure. There are increased strength gains with multiple set systems however they do take time and energy. There are usually rest intervals between each set before moving onto the next exercise. This maximizes the training effect on the muscles.

One example of a multiple set system is the *light to heavy system*.

**Light to Heavy System:** also known as the DeLorme system. How this system works

1. First set of 10 reps at 50% of 10 rep maximum (RM)
2. Second set of 10 reps at 75% of 10 RM
3. Third set of 10 reps at 100%



**RON FLETCHER**

of 10 RM.

More intense light to heavy programs exist such as,

1. 3-5 reps with a light weight;
2. Add 5lbs do another 3-5 reps;
3. Continue this process until only 1 rep can be done.

Good strength gains result from this system and variations but they do involve more repetitions, time, energy and effort.