



Lifestyle Pilates

in the LOOP

THE LIFESTYLE PILATES NEWSLETTER

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welcome SUMMER!

Hello to summer and to all of our wonderful friends at Lifestyle Pilates. It is a great time to renew your dedication to your strength, balance and fitness-Pilates! In this issue I'll go over some of the equipment we use here at the studio, and why. There are five questions in 5 minutes for our own Heather Thompson to answer, and always, good news to share.

You may see new faces in the studio- welcome Lauren, and front desk Karen Combs!

NEWSY BITS!

Congrats to **Ronel & Wilfred** on the birth of **Anneke Pascal Gilich** on May 25th!

Lifestyle Pilates has been voted in the **Top 3 Pilates/Yoga studios** by **425 magazine**. Look for our placing in the September issue!

We will be so sorry to see her leave us, but **Heather Thompson** will be on the move this July to Portland, Ore. Her husband **Scott** has been accepted to the National College of Natural Medicine in Portland and we wish them **all the best** and great success.

We have a Lifestyle Pilates Facebook page... become a fan and look for news!

Welcome to Karen Combs – our new part time help at the front desk.

Celeste Rind has passed her Project Management Professionals test and is now a PMP!

Metian, Ryan & Grace welcome **Jackson Patrick**, born June 11, to their happy family.

Phyllis Moss is returning from 4 months of traveling abroad...

Ilka had a wonderful 2 weeks in France.

Caroline Bombar-Kaplan has a new Horse to train and compete this summer.

Peggy O. Gould will be going to Big Bear California in August for an Intensive teacher **training workshop** with several top International Pilates trainers.

Bob Delf has a new Northwest Cellars Wine **tasting room open** in Kirkland!

Lifestyle Pilates

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What a Wonderful Body... of Knowledge!

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pilates equipment **WHY THE RACK?**

by Peggy O'Brien Gould

Pilates equipment is unique- it even looks different. Pilates apparatus is designed for us to work; to lengthen, strengthen and balance the body, not a machine that works us. Pilates equipment was designed by Joseph Pilates to compliment and hone the mat work system.

HERE IS THE SCOOP:

The Universal reformer:

This long framed piece has springs at one end and straps, handles and pulleys at the other. This enables the user to fine tune resistance and movements. Various reformer exercises require the user to lie down, sit, kneel, stand and use many muscle groups at once to keep the movements flowing and centered in the "Powerhouse" or core of the body.

The Cadillac:

Like a 4 poster table with springs, bars and straps. The elevation of the Cadillac makes it ideal for guiding people through new exercises, rehabilitating injuries and stretching. Immediate benefits appear from the range of controlled movements, assisted articulation, and stretching here.

The Wanda Chair:

Like a little bench with springs, the chair provides ample opportunity to work your balance, strength and focus. From beginner to super advanced you will find the chair a challenging and fun addition to your workout.

Barrels:

We have both the small barrel and the spine corrector here at the studio. Barrels provide support to align and strengthen the muscles around the spine.

The Pedi-Pole:

T-shaped with springs dangling from the crossbar, the Pedi-Pole is an instant body lifter. Using the resistance with your breathing it can help correct many postural problems and improve core stability.

The Wall units:

Also called the Towers. These units, like a half a Cadillac on the ground, enable more than one person to perform Cadillac exercises in the same session.

The beauty of your Pilates workout is in the variety you can achieve when you use all of the systems available to you. From the more ordered routines of the reformer to the rhythm and flow of your mat work you can add in moves on some of the other equipment to strengthen and prep your body for exercises you may be working towards. Focus on your goals and performing the exercises mindfully and completely.

Always remember-your workout comes from YOU, and your POWERHOUSE!

five questions **IN FIVE MINUTES** for Heather Thompson

by Peggy

1: *You have had so many interesting jobs- from Disneyland entertainer to Children's musical theater. Why has Pilates been such a mainstay?*

HT: Because I get to help people...

2: *Are you really a movie star? (Pilates movie star, anyway).*

HT: Yes, I was in a "Mari Windsor" Pilates video called "Super

sculpting". It was hard to shoot because we had to re-do the teaser section about 10 times!

3: *What is your favorite Pilates exercise?*

HT: The Swan. On any equipment, it just feels good.

4: *You are working with Stretch*

Therapy (AIS) a lot. Is it complimentary to Pilates?

HT: Definitely, because it increases the range of movement quickly to facilitate movement.

5: *What is the funniest thing to happen to you in Pilates?*

HT: I think all of the groaning and noises and complaints are funny to hear!