

# Authentic Pilates Stillwater

Spring 2009

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111 Cherry Street West | Stillwater | 651.439.9656

The holidays are over and winter has definitely found us. Could it be any colder? Moving into February and March, I have concentrated this newsletter on helpful tips on how to stay healthy and motivated until Spring. Also thinking ahead many of you have shared with me that you will be running in the Stillwater Marathon at the end of May. I have enclosed a card with a Pilates runner's sequence, with tips that will help you in your pre-marathon training and help keep you injury-free. Good luck to all you marathon runners!

### Staying Healthy And Motivated:

#### *Sleek & Slender Abs*

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*5 more reasons to flatten that belly – and 5 exercises that will do the trick.*

Let's face it, we all want a beautiful, trim belly. These five exercises from the Pilates mat, along with belly-flattening foods (reverse side), can help you achieve just that. If wearing midriff-baring clothes in public isn't enough motivation for you, here are five more fabulous reasons to whittle your waistline:

1. **LIVE LONGER** – studies reveal that by developing a strong abdominal section, you'll reduce overall body fat and significantly cut the risk factors associated with heart disease, diabetes, and cancer – including colon, kidney, and breast cancers.

2. **BOOST YOUR CONFIDENCE** – a flat stomach is the hallmark of people in control of their bodies, their health, their life. When you're in great shape, you're telling the world you're a disciplined, motivated, confident, and healthy person.

3. **STRENGTHEN YOUR BACK** – when your ab muscles are weak, the muscles in your butt and legs have to compensate. This destabilizes the spine and leads to back pain and strain. Developing a strong core can help you avoid the debilitating back pain that troubles so many.

4. **SLEEP MORE SOUNDLY** – upper-body excess weight is the most significant risk factor for obstructive sleep apnea, a condition that blocks the airway, and disrupts sleep as it signals the brain to wake up to start breathing again. This creates a cycle: abdominal fat leads to poor sleep, which leads to day-time sluggishness, which leads to hunger for quick-energy junk food, which leads to more abdominal fat. A toned mid-section can help break this ugly cycle.

5. **PERFORM AT YOUR PEAK** – if you run, bike, golf, walk, your essential muscle group isn't your legs or arms – it's your core. Ab muscles are the first to engage in many sports, and developing core strength gives you the power to perform.

## 12 Foods That Burn Away Belly Fat

These twelve foods experts say can help your body increase lean muscle mass and avoid storing fat. Get two or three into each of your three snacks, and be sure to eat a healthy combination of protein, carbohydrates and fat at every meal.

**nuts: build muscle, fight off cravings** – Two ounces of almonds (about 24 nuts) provide 19% of daily requirement of magnesium – a key muscle-building component. Almonds also help curb cravings.

**beans and legumes: build muscle, help burn fat, regulate digestion** – Beans are a low-calorie food packed with protein, fiber, and iron – ingredients crucial for building muscle and losing weight. Eat a bean-heavy dish a couple of times per week; you'll cut out a lot of saturated fat and replace it with more fiber.

**green veggies: fortify your nutrient stores, fight obesity** – One serving of spinach is loaded with folate and supplies nearly a full day's worth of vitamin A and half of you vitamin C. Broccoli is high in fiber and more densely-packed with vitamins and minerals than almost any other food.

**low-fat dairy: builds bones, fires up weight loss** – Strengthen bones and gain an aid to weight loss. Researchers think that calcium prevents weight gain by increasing the breakdown of body fat and hampering its formation.

**instant oatmeal: boosts energy, curbs cravings** – This cereal grain contains soluble fiber, which helps you feel full for longer. It breaks down slowly in the stomach, which causes less of a spike in insulin levels – such spikes slow your metabolism and start your body's fat storage process.

**eggs: build muscle, burn fat** – Egg protein is more effective at building muscle than milk and beef. Eggs also contain vitamin B12, a nutrient necessary for fat breakdown.

**lean meats: build muscle, boost immunity** – Protein is a muscle-building nutrient, the base of any solid diet plan. Turkey, lean beef, chicken, and fish are the best options here.

**whole grain foods: prevent your body from storing fat** – Your body needs carbs. Eat products made with all parts of the grain – like whole grain bread and pasta, long-grain rice – and avoid processed, refined carbs, which lack nutrition.

**whey powder: builds muscle, burns fat** – Whey protein is a high-quality protein that contains essential amino acids needed to build muscles and burn fat, and is low-cal. Add whey powder to a smoothie for a powerful fat-burning drink.

**peanut butter: builds muscle, burns fat** – A quick, versatile food – spread it on apple slices or on whole grain crackers for a nutritious snack.

**olive oil: controls cravings** – The “good” unsaturated fat, olive oil will not only help keep your cholesterol in check, it will also help you eat less by controlling food cravings.

**berries: improve balance and coordination, prevent cravings** – Raspberries carry powerful levels of antioxidants, flavonoids and fiber; blueberries are loaded with soluble fiber that keeps you feeling full longer; strawberries contain pectin, a valuable form of fiber.

## Notes from the Studio

**No Scheduled Sessions:** February 16th, 17th, 18th, 19th, and 20th.

**Pilates books, DVDs and products** are available to help you stay fit at home and on vacation. Check the studio shelf for books at \$18/ea. and DVD series at \$21/ea., and the Magic Circle at \$30.

**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.

**Winter Mat Classes** are offered (1-5 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** and **Tee Shirts** are available for \$20.

**Gift Certificates** are available, in any denomination.



**SINGLE LEG STRETCH**



**DOUBLE LEG STRETCH**



**SINGLE STRAIGHT LEG STRETCH**



**DOUBLE STRAIGHT LEG STRETCH**



**CRISS-CROSS**

## Health Tip

**Don't forget to eat your Valentine's chocolates!**

Did you know that chocolate contains the same phytochemicals found in red wine, which are known to fight heart disease? (Phytochemicals are nonnutritive bioactive plant substances, such as a flavonoid or carotenoid, and are considered to have a beneficial effect on human health.) Stick with dark chocolate – it contains more phytochemicals than milk chocolate.