



THE PILATES GAZETTE

Pilates and Sports Performance/Injury Rehabilitation

Today, Pilates is becoming more and more popular as both a type of general fitness and wellbeing, but also as a form of exercise therapy/prescription to rehabilitate and condition recreational and professional athletes for sports performance.

Developing and maintaining skills in any sport may affect the body's balance both in terms of posture and strength as it becomes essential to concentrate on certain movements and neglect others. A qualified Pilates instructor can help improve sports performance by analyzing these imbalances, and their physical effects, and designing a program to restore balance.

Structured Pilates programs make good warm-up sequences, increase oxygen supply to the brain and sharpen concentration and alertness. Improvements in co-ordination, mobility and agility can also be gained. These aspects are essential for any sports enthusiasts, helping to improve performance and prevent injuries.

Many Pilates exercises can be specially adapted to help a person's performance in athletics, gymnastics, tennis, golf, swimming, skiing and racket sports. The list is endless. Amateurs may benefit as much as Professionals as the exercises aid in preventing damage to the body caused by trying new sport techniques with poor posture. They may also aid in conditioning and training the

body for seasonal sports and events. For example, Pilates based exercises may help prepare the body for skiing and snowboarding so that lessons and practice out on the slopes are likely to be rewarding with fewer injuries and decreased muscle fatigue and soreness. Pre-season training is just that—training undertaken prior to the season commencing and is most beneficial if continued during and after the season has finished.

Endurance athletes benefit enormously from Pilates, for example Tri-athletes whose training includes not 1 but 3 sports; swimming, cycling and running. Pilates can help improve their speed, strength and muscle endurance for all three sports.



Breathing exercises help develop lung capacity, leg and foot exercises strengthen and reinforce the correct alignment of the legs, and core exercises help strengthen the athlete's posture in all positions. This in turn allows the body to work more efficiently by conserving precious energy and fuel for the endurance event.

Not only beneficial for preparation, Pilates can also be the antidote for sports injuries and is extremely beneficial when used for rehabilitation purposes. Not unlike a physiotherapist, a properly qualified Pilates instructor can prescribe exercises and put together a program specifically designed to assist your recovery. ***It is essential to check that your Pilates Instructor has the correct rehabilitation qualifications before starting a Pilates rehabilitation program.*** It is also important to give your instructor the contact details of your medical practitioner and/or physiotherapist so they can liaise with them on your behalf.

Once the injury is well in to the healing process, Pilates can help prevent the postural changes and shifts caused by the non-use of a limb or body part. It helps to stretch and remobilise injured muscles, relieve stiffness in the joints and create strength in parts not accustomed to work.

Time off sport may give you a renewed sense of your body's alignment and balance. You may even return back to your sport in better shape than when you left.



Spring Studio News

Spring Opening Hours

From the 6th April 2010—20th June 2010, The Pilates Studio will operate 5 days a week Monday—Friday (except Public Holidays). During Spring requests, in advance, for weekend appointments can be made and we will do our best to accommodate you.

Our instructors for this Spring will be Lauren Young and Natasha Lutz.

Natasha is returning to part-time instruction with appointments available on request at the following day's and times:

Tuesdays 9:30, 10:30, 11:30
Saturdays 9:30, 10:30, 11:30

Prices for appointments with Natasha are as follows:

Pilates Private or Consultation	CHF160.00
Galileo Consultation	CHF160.00
Galileo Private	CHF80.00
Pilates Galileo Combo	CHF185.00
Pilates Home Visit	CHF190.00

Easter

The Studio will be closed for the Easter Weekend 2-5th April 2010. However Natasha is making herself available on the following dates and times should anyone wish an appointment:

Easter Friday 2nd April 9:30, 10:30, 11:30
Easter Saturday 3rd April 9:30, 10:30, 11:30



May Studio Holiday Closure Dates

The Studio will be closed during the first 2 weeks of May, 3-16th May 2010, for annual holidays. However during this period Natasha is making herself available on the following dates and times should anyone wish an appointment:

Tuesday 4th May 9:30, 10:30, 11:30
Thursday 6th May 9:30, 10:30, 11:30
Tuesday 11th May 9:30, 10:30, 11:30
Thursday 13th May 9:30, 10:30, 11:30

The studio will also be closed on Monday 24th May 2010 for Pfingstmontag.

Spring Clearance Sale

From the 1st March 2010 all Lounge Lover and Dimensione Danza clothing (except socks) will be discounted to wholesale prices—approximately 75% Discount.

Final Winter Workshop for 2010

Don't miss out on our final Winter Workshop for this season:



Pilates at Home

DATE/TIME: Sunday 14th March 2010
15.30-17.30

LOCATION: The Pilates Studio Gstaad
The Gstaad Palace Hotel SPA
3780 Gstaad

PRICE: CHF 120.00
(Includes Information Handout)

REGISTRATION: Required by
Wednesday 10th March 2010

The final workshop in our Winter series is a two hour workshop designed to teach you how to continue your Pilates workouts even when you are travelling or unable to make a session at a Studio.

During the first hour the instructor will guide you through a full Pilates mat workout. Then during the second hour you will revisit various exercises learning them in more depth, including variations specific to your needs, and how to incorporate props such as the swiss ball, therapy band, foam roller and small overball. The instructor will also suggest various books and/or DVD's that may be of benefit to you.

Places are limited to 7 participants so if you would like to register, or require any further information please contact the Studio on +41 (0)33 744 10 81.

