



THE PILATES GAZETTE

Pilates and Weight Loss

The science of weight loss is very simple: *energy in vs. energy out*. In order to lose weight, you need to burn more energy (kilojoules) than you consume.

The most effective way to lose weight is to combine 3 important things. This triad consists of performing cardiovascular exercise and resistance exercise regularly while adhering to a healthy eating plan. This is where Pilates comes into the picture. The Pilates method can support your weight loss efforts as it counts as a form of resistance exercise.

Resistance exercise increases lean muscle mass. Muscle is an active tissue in the body which therefore increases your body's metabolic rate whereas fat is a non-active tissue. A metabolic increase will allow your body to burn more kilojoules which makes it easier to maintain a steady weight or lose weight.

Pilates also improves muscle definition through resistance. It gives you a streamlined appearance by creating firmer, longer muscles without promoting bulk. It is the elongation of the muscles and the improvement in posture which can also improve your appearance.

Practicing Pilates improves self confidence which can subsequently improve your intrinsic motivation levels. Motivation is extremely important to help you adhere to a healthy eating and exercise plan.

Pilates also increases energy levels which will assist you in performing cardiovascular exercise which is essential for weight loss.

Some other interesting Pilates benefits include:

- Pilates burns energy i.e. approximately 1260 Kj for a moderate 60 minute Pilates session
- Pilates can be performed like 'cardio' when breaks are minimised between exercises. If the exercises flow from one to another you can keep your heart rate high and burn more kilojoules
- It increases lean muscle mass which will increase your metabolic rate and consequently your potential to burn kilojoules
- One of the best ways to look and feel thinner is to have beautiful posture. Pilates

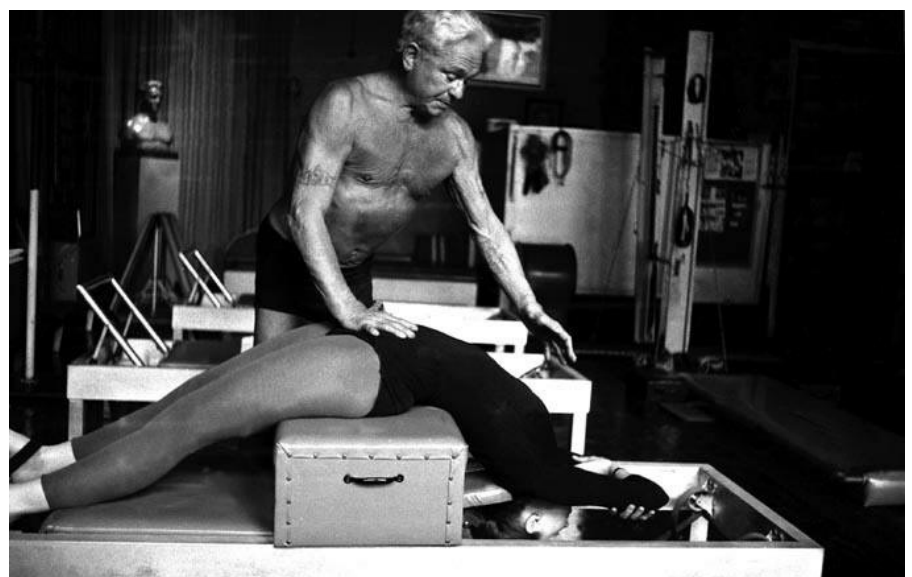
by Lauren Young & Natasha Lutz

gives you a streamlined appearance by creating firmer, longer muscles without promoting bulk

On the 24 July 2010, The Pilates Studio will be running a **'Pilates and Weight Loss'** workshop, plus during the Summer we are also offering **'Intensive Fitness Weeks'**. The workshop will teach you why Pilates should be an integral part of your weight loss program and tips on other ways to increase your energy expenditure and maximise your weight loss. You will also participate in a 'power' mat class which has been designed to help burn more kilojoules.

Come prepared to workout!

For more information on our Summer Fitness Intensives & Workshops please see page 3



"Joseph Pilates with a client on the Reformer using the Short Box"



Summer Studio News

Summer Opening Hours

From the 19th June - 17th September 2010, The Pilates Studio will operate 6 days a week Monday—Saturday (except Public Holidays).

Instructors

This Summer you are spoilt for choice as there will be three Pilates teachers working at The Pilates Studio Gstaad. Natasha Lutz and Lauren Young will be available for appointments throughout the whole Summer season (Natasha is only available Tuesday, Thursday and Saturday mornings and as the head instructor her classes incur additional charges).

Then from the 2nd August we will be joined by Annabelle Forde. Annabelle is a highly experienced Pilates teacher whom has been working in the industry since 1998. Annabelle will be continuing on as the Studio's principal teacher as Lauren Young is leaving Gstaad and returning to Australia at the end of September. More information about Annabelle can be found on the studio website; www.pilatesgstaad.ch

Pilates and Travel (Part One)

Travel can take a toll on your Pilates workout routine. But with a little planning, you might be surprised how easy it is stay on track.

There's no need to let a business trip or vacation throw you off your Pilates routine. Here are some ideas for staying in shape, helping you maintain your core strength and pelvic stability while you are on the road or in the air.

Making Pilates part of your regular exercise routine prior to travelling will help you avoid the rigors of travel; muscular stiffness and pain, physical and mental exhaustion, stress. Through correct instruction

and supervision the Pilates exercises will make your spine and lower back strong and your whole body more mobile and flexible.

You don't need to wait until you have reached your destination to start. It can be as simple as practicing the Pilates breathing which will help you stay relaxed and rested by increasing your oxygen intake so that more oxygen-rich blood flows into the brain helping you handle the stress of travel so you arrive not only rested but alert.

You don't really need any particular equipment to do Pilates, but as long as it is not too inconvenient,

by Habiba Benchaib & Natasha Lutz

having equipment with you can be an excellent motivator. You can easily throw in a therapy band, over ball and just add a DVD or book in your suitcase and you're ready for a work out!

Before leaving on your travels check your destination to find if there is a studio nearby. Try to have a class just before you leave, and if you can, again once you arrive at your destination.

Keep in mind that after travelling it would be preferable to have a gentle class focused on stretching and mobilisation, to unwind and release your body.

Physicians have long known the positive effects of regular exercise and it is even more crucial to stay on track when you are travelling. The benefits of a regular Pilates practice will not only help your body handle the stress of travel but it can do wonders for the mind!

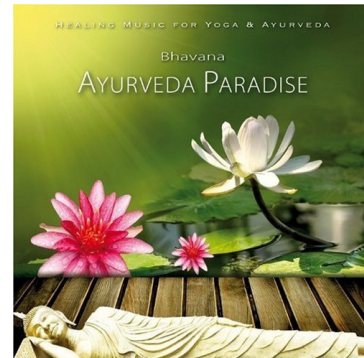
To be continued.....Part Two will contain exercises suitable for during air travel.

Workshops & Fitness Intensives

See page 3 for details on what is available this Summer.

New Retail Music CD's

The studio now retails a selection of new age CD's for your listening pleasure.



Clothing Clearance Sale

From the 19th June 2010 all items of clothing (except socks) will be CHF25 or 5 items for CHF100




PILATESSTUDIO
GSTAAD



Summer Packages & Workshops 2010

Intensive Fitness Weeks

These packages are perfect for those wanting to start a fitness program, or continue with an existing one while on holidays. They include a physical evaluation and private instruction; classes are designed around the individual needs and requirements of each client. They also include advice and assistance with future training and finding an appropriate teacher.

5-Day Intensive (These packages are to be taken over a 7-day period)

Pilates	5 x 55min sessions	CHF 605.-
Galileo	1 x 55min session, 4 x 20min sessions	CHF 320.-
Pilates/Galileo Combo	5 x 55min sessions	CHF 720.-

Workshops

Pre and Post Natal

This workshop will demonstrate safe exercises that are suitable to perform during pregnancy and following the birth. If you have questions regarding what exercises you should be doing at this important time in your life, then this workshop is for you!

Date/Time:	Saturday 26th June 2010 15.00-16.50
Price:	CHF 120.- (Includes Information Handout)
Registration:	Required by Wednesday 23rd June 2010

Pilates and Weight Loss

This workshop will teach you why Pilates should be an integral part of your weight loss program and tips on other ways to increase your energy expenditure and maximise your weight loss. You will also participate in a 'power' mat class which has been designed to help burn more kilojoules. Come prepared to workout!

Date/Time:	Saturday 24th July 2010 15.30-16.50
Price:	CHF 90.- (Includes Information Handout)
Registration:	Required by Wednesday 21st July 2010

Pilates for Kids

Exercise helps children to concentrate, builds strong bones and improves their posture. This workshop will be a kid-friendly class which uses props such as balls and bands to add fun to the workout and has been designed so that the parent of the child will also participate in the class. This class is suitable for children between the ages of 7-12 years.

Date/Time:	Saturday 21st August 2010 15.30-16.20
Price:	CHF 70.- (Includes Information Handout)
Registration:	Required by Wednesday 17th August 2010

- Available for the period 18th June - 17th September 2010
- Packages are for the use of individual clients only
- 48 Hours cancellation notice is required or the full package/workshop fee is charged
- Once started a package/workshop becomes non-refundable
- Instruction is given primarily in English and French

The Pilates Studio Gstaad - Gstaad Palace SPA

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Member of the Schweizerischer Pilates Verband

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