



## Your Winter Wonder!

by Lauren Young

During this ski season it is essential to take some time to cross train in order to avoid injury and have a more enjoyable skiing experience. Regular Pilates sessions play an important role in minimising the wear and tear that skiing inflicts on the body. The benefits that you obtain by practicing Pilates can also be translated to the ski slopes, improving your performance.

### The Role of Pilates in Combating the Stress of Skiing

#### Muscle Balance

Skiing is a repetitive movement which affects the symmetry of the body. This creates muscular imbalances which can lead to aches, pains and chronic injuries. One of the aims of Pilates is to rebalance your muscles thus creating an improved body alignment. By balancing the muscles you can not only prevent common skiing injuries but also maintain a balanced posture on the slopes which is essential for safe and efficient skiing.

#### Core Strength and Pelvic Stability

During skiing the body assumes a flexed, bent over position. If there is a lack of core strength while in this position then the lower back is predisposed to an increased risk of injury. Pilates promotes a strong core by developing strength and stability

in the abdominals, pelvic floor, multifidus and gluteals.

For a skier, strong core muscles allow the power to come from the abdominals and gluteals, rather than the arms, legs or lower back. Many skiers overwork their large, global muscles (e.g. quadriceps) because there is insufficient strength in their core, stabilising muscles.

In addition, a strong core reduces muscle fatigue which allows you to ski longer and better because turning power comes from the core. Since core strength improves balance you may also find yourself falling less and adapting better to challenging terrain.

#### Musculoskeletal Stiffness

Cold environments reduce the flexibility of muscles and joints, thus regular exposure to the cold

on the ski slopes can increase the stiffness in the musculoskeletal system.

Pilates promotes flexibility by moving joints through a full range of motion and actively lengthening the muscles. It therefore relieves joint stiffness and muscle ache and increases flexibility which is necessary for improved skiing.

#### Concentration

The cold impairs coordination, reduces alertness and slows reflexes. On the contrary, Pilates promotes mental alertness, through its controlled breathing technique, and like skiing, also requires an immense amount of focus and concentration in order to perform complex movements. Therefore the concentration skills obtained from performing Pilates may not only improve your ability to focus on the slopes, but also minimise the risk of falls when you are fatigued and concentration has waned.



*The pleasures of skiing can take their toll on the body.....*

So the verdict is in! Pilates is a more useful après-ski activity than a visit to the local bar for a drink or a fondue with friends! So in order to enjoy this winter season, do your body a favour and include Pilates in your cross-training routine.

## Australian Invasion

Thanks to The Pilates Studio Gstaad the Australian population in Gstaad is continuing to increase! However, before you jump to any conclusions – Natasha is not pregnant again – this time it is due to the arrival of our new Pilates Instructor; Fiona Gardner.

Fiona joins us for the Winter Season and has just finished a 3 year *Bachelor of Fine Arts*

*majoring in Dance*, at the *Queensland University of Technology*.

Like Lauren, Fiona has also completed the Canadian based; *Stott Pilates Instructor Training Program*, and even with the same Master Instructor; Chael Hilton.

Fiona's passion and dedication to dance flows through into

her Pilates instruction, making her classes full of energy, precision and fluidity.

Her young, dynamic personality is exactly what you need to help warm you up on those frosty Winter days.

**(Appointments are available with Fiona from 10<sup>th</sup> December 2007)**

## The Big 'Crack' - Osteopathy

### Pilates and Osteopathy

One of the many roles of a Pilates Instructor is referral, knowing when and to whom, they should refer a client when they believe that their client would benefit from treatment by another professional, whether it medical or complementary. One such therapy is the field of Osteopathy.

As you will see below the basic principles that create the foundation of the Pilates Method are also similar to those of Osteopathy. Hence these two holistic therapies compliment each other and when used together can have a positive, long lasting impact on the human body both physically and mentally.

### What is Osteopathy?

Like the Pilates Method, Osteopathy is an established system of diagnosis and manual treatment. It views the human body as a unit whose structure and function are reciprocally inter-related.

There is a strong belief that the body possesses the ability to defend and repair itself. Therefore illness, injury or disease, are encountered when the body's harmony/balance is disrupted and its ability for self maintenance is overcome.

It see's the movement of bodily fluids as an essential part of maintaining good health, and that the nervous system plays a crucial part in this by controlling and regulating these fluids.

It is therefore an appropriate form of therapy for many problems affecting the neuro-musculo-skeletal systems of the human body.

### The Benefits

The application field of osteopathic medicine covers all stages of life, from a newborn baby to the elderly, from an expectant mother to a professional athlete etc. Some of the more common conditions which osteopathy can help relieve are:

- back, neck and shoulder pains
- repetitive strain injury
- sleeping difficulties
- sciatica
- mobility problems
- sports injury
- joint pain and muscular aches
- asthma and respiratory problems
- colic and sleeplessness in babies

### What is involved?

Osteopaths diagnose and treat problems with muscles, ligaments, nerves and joints to help aid the body's natural healing ability. Within a Pilates session we treat these issues with

movement based exercise, while an Osteopathic treatment involves gentle, hands on techniques to help ease pain, reduce swelling and improve mobility. Often, this involves manipulation which can result in an audible 'crack' which is simply the sound of gas bubbles popping in the fluid of the joints.

Diagnosis within both therapies includes in depth medical history and physical examination. The aim of the treatments is then to normalise the tissues in a search for harmony and balance within the body and mind.

### Osteopathy in Switzerland

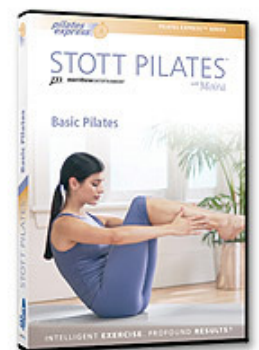
In Switzerland there is the Swiss Register of Osteopaths (RSO) a non-profit organization dedicated to regulating the quality of osteopathic training and practice. All members of the RSO must have completed their osteopathic training (5 years full-time) with a university/school approved RSO, and must strictly adhere to the RSO professional code of ethics and continual education requirements. It is because of these standards that numerous health insurance funds recognise osteopaths who are members of the RSO. You can visit their website [www.osteopathy.ch](http://www.osteopathy.ch) for a list of their registered members.

## Reviews - Books and DVD's

### Basic Pilates DVD – CHF 40

Moira Merrithew; the co-founder of Stott Pilates, guides you through key strengthening and stretching exercises that prepare you to handle day-to-day stress with ease. You'll feel toned, agile and revitalized after this introductory mat-based workout. Suitable for all ages and abilities.

(Currently in stock, bi-lingual DVD English and French)



## Winter Mat-work Classes

From the 19th Dec - 29th Mar 2008 we will be offering 2 weekly Mat-work Classes:

<b>Wednesdays</b>	<b>19.15 - 20.15</b>	<b>General Level</b>	<b>Fiona Gardner</b>
<b>Saturdays</b>	<b>18.15 - 19.15</b>	<b>General Level</b>	<b>Fiona Gardner</b>

To ensure all clients receive individual attention from the instructor, classes are limited to **5 participants only**, hence bookings are recommended. Price CHF 35

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