



Pilates, not just for Girls?

By Thomas Riz

When Natasha Lutz asked me if I would be willing to write a personal account of my experiences, as a mature business man, with Pilates, she recommended this title for the article.

The late Dr. Joseph Pilates, who invented this unique training technique, would probably have laughed his head off over the provocative title. I understand why. Pilates is a technique which was conceived for - and has traditionally been used by - both men and women; soldiers, dancers and athletes of all kinds. Its benefits as I have experienced them, are helpful to anyone. Pilates can be used to mobilize stiffness, repair injuries or toughen professional athletes. After taking Pilates lessons for more than 3 years, I am happy to describe the many wonderful things it has done for me to substantially improve my quality of life.

Three years ago, when I came to see Natasha for the first time, my posture was bad and after years in a mostly sedentary job, so was my general fitness. I needed a change but with my busy work and family life it was hard to motivate myself to find time for sports. I chose Pilates because I had heard many good things about it, but also because it was possible to fit into my work schedule.

Now, I can't imagine going without it.

What attracted me to the Pilates studio and keeps me coming for training sessions is that it is personal. Each session picked me up exactly where I was and worked to correct my specific deficits and strengthen my weak areas. Before beginning, Natasha carefully studied my posture, muscles, flexibility and the specific strengths and weaknesses of my body. She asked questions about my present health condition. Then, the work began....

I saw Natasha twice per week for an hour. When I started, I could barely reach my toes and my cardio fitness was low. The gymnastics I had done as youth were only a proud memory. As I worked with Pilates and learned about my "Powerhouse" - the core muscles of the trunk - and felt them strengthen and support my body, my posture started to improve. I then began to jog which further helped my cardio fitness. The Pilates

exercises were varied and never boring. The difficulty of the workout was adjusted to match what I could do, and became more and more challenging. After the first year, I was already able to demonstrate some of my old cartwheels and flips. But, the benefits went beyond mere tricks.

Three years after starting Pilates, I have a tremendously increased flexibility, endurance and am very strong. My circulation is improved and my overall physical condition is better than it has been since my early twenties. For me, this has meant that I sleep better, have a more resistant immune system, no backaches and am safer from injury when skiing or engaging in other sports. I am lighter and have more energy for both my work and my family. My wife finds me much more attractive and last week, a 6yr old at the kiosk took his friend's dare to ask me if I wasn't "one of those bodyguards"...What more could I want?!

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In a nutshell: Pilates impacts on my life very positively. I would recommend it to any men I know. Male or female, young or more mature, injured or training for a marathon - it does not matter. Regular training with a properly certified Pilates Instructor will improve everyone's quality of life.

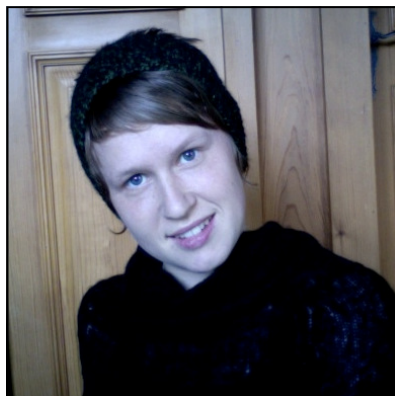
Farewell, Adieu, auf Wiedersehen, Goodbye.....

The snow has brought a wonderful start to the New Year of 2008, and thanks to The Pilates Studio Gstaad I have been welcomed into a friendly village with a variety of unique personalities. The busy Winter Season has been a challenge for both my tongue and my body; both having been twisted in all different directions.

I would like to thank you all for trusting me with your most valuable tool; your body's! It has been a real pleasure working with you throughout the season.

I have found my new love - an Apple computer! So I intend to continue my studies by enrolling in a video

production course at Webster University in Genève. Living in Genève will give me time with my family and will also give me the opportunity to be involved with in the city's dance community and to explore other places, such as Lausanne.



Europe has an abundance to offer. So with the only battle being - time on my hands - this may or may not be good bye. Maybe I will be back to see the snow fall for 2009, but for my immediate future I am off to spend some of the Summer Season dancing in Vienna at the annual Vienna International Dance Festival, and will possibly visit the Greek Islands for some loving of the so missed sea.

All the Best Fiona.

Fiona's last teaching day will be Friday 18th April 2008

House Keeping

Palace SPA Studio:

During the Spring Season, 31.03.2008 - 08.06.2008 when the Hotel is closed, entry to the Pilates Studio will be continued through the Red Door. For security reasons this door will be locked so clients will need to ring the Pilates door bell and will then be buzzed in.

The Hotel has also planned to renovate this entrance, and the hairdressers, so there will be times when access may change and we will update clients accordingly.

Due to unforeseen maintenance of the changing rooms, clients are asked to use the Men's Sauna; near the studio, to change and shower. The toilets next to

the Hammam will be available for use, and handbags and valuables may be brought into the studio.

*Opening Hours: Monday - Saturday
Closed Thursday and Saturday
afternoons and all day Sunday.*

The Chalet Studio:

During the Spring Season this studio will be closed.

Reviews - Books and DVD's

Power Paced Pilates DVD – CHF 40

(Bi-lingual DVD English and French)

For those who want a faster-paced pilates workout, this popular new routine will get the heart rate up with a flowing sequence of Pilates moves. Even with a hectic schedule, this series allows you to squeeze a workout into your busy day and learn the fundamentals of the Pilates Method at the same time.

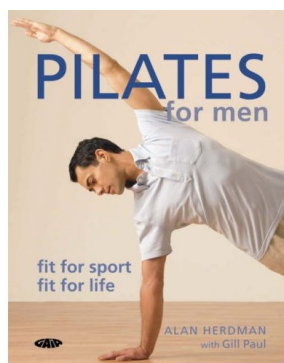
Get full-body training at once - Challenge your body and mind - Beat day to day stress -
Improve body image and confidence - Achieve long, lean muscles.



Pilates for Men – CHF 48

(English)

This book, aimed specifically at men, teaches you how to get the most from Pilates by allowing you to structure and pace your own workout. As you progress you can choose from basic, intermediate and advanced workouts, and select exercises according to your sport to develop specific strength in different muscle groups.



For more information on any of the articles in this issue please contact:

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