

by Lauren Young

Everyone on the Courts!



With summer fast approaching we will soon be dusting the cobwebs off our tennis racquets in preparation to hit the court. So whether you have spent the winter on or off the ski slopes, it's now time to prepare your body for one of the most popular summer sports.

Tennis is a racquet sport that requires power, agility, balance and muscular endurance. Personalised Pilates or Galileo sessions with a qualified instructor is one of the best ways to prepare your body for those hours that you will spend on court. With a regular Pilates or Galileo routine you will perform better on court, recover faster off court and reduce the risk of tennis related injuries.

How Pilates Can Improve Your Game

Pilates can give you that extra edge during a match. It aims to help the tennis player achieve the following:

- Improve the power of your strokes by increasing the strength of your abdominals, shoulder girdle and arms.
- Improve the power of your strokes by increasing spinal rotation.
- Improve your serve by increasing the flexibility of the lower back muscles and the strength of the lower and upper body.
- Improve your balance to allow for fast changes of direction on the court (i.e. agility)
- Improve muscular endurance to prevent tired stroke play during a match.
- Improve your concentration so that you can stay focused throughout the match.

Injury Prevention

Pilates can benefit tennis players from an injury prevention perspective. Tennis players only

use one side of the body to hit the ball, as such they often exhibit muscular imbalances between their dominant and non-dominant side. This can result in overuse injuries.

Pilates aims to help the tennis player prevent injury by doing the following:

- Minimise muscular imbalances by developing the musculature on both sides of the body.
- Improve your muscle control during a match to prevent overuse injuries.
- Develop stable ankles and knees to deal with the constant change of direction during a match.
- Improve lower back flexibility to minimise serving injuries.
- Improve the strength of the muscles that stabilise the shoulder to minimise the wear and tear that tennis inflicts on this joint (e.g. during overheads, serving, volleying and general stroke play).

How the Galileo Can Improve Your Game

The Galileo is a vibration machine which has a unique "side alternating" platform, hence making it a very functional cross-training tool for tennis. During vibration training our muscles are stimulated to work by the involuntary stretch reflex (controlled by the spinal cord) in comparison to conventional training techniques which require a voluntary muscle contraction.



Roy Emerson tennis coaching weeks at The Gstaad Palace Hotel.....

Training on the Galileo only takes 20 minutes and can help to improve our tennis game by doing the following:

- Increasing the oxygenation of the blood. This can improve our aerobic performance during cardiovascular exercise as oxygen is required by the muscle to burn fuel (i.e. fat). The more oxygen that we have present in the bloodstream improves our capability to burn fat and produce energy for exercise.
- Improving balance and coordination. Balance is imperative while volleying and during the quick changes of direction involved in general game play.
- Improves muscle strength which is important for stroke and serving power.
- Increases blood flow which helps to warm the muscles prior to exercise and cool the muscles following a workout. This is beneficial for reducing the risk of tennis related injuries.

If It Works For Venus, It Can Also Work For Me!

Many elite athletes turn to Pilates to help improve their physical condition and performance and tennis is no exception. There are a growing number of professional tennis players who practice Pilates to improve their games. Some of them include Venus Williams, Lindsay Davenport and Martina Navratilova. Pilates is a functional form of exercise to add to your training program whether you are a professional or amateur tennis player. So if Pilates can work for Venus, then it can also work for me!

**** All those participating (including the coaches) in the Roy Emerson tennis weeks are intitled to 20% discount on all individual sessions in The Pilates Studio Gstaad during their week of coaching ****

Integrating Pilates and Massage Therapy

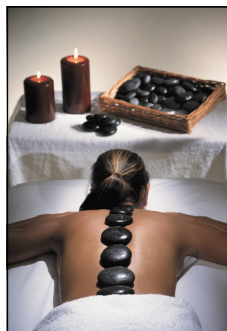
by Brad Moffitt & Natasha Lutz

Integrating Pilates and massage therapy can have a profound effect in helping clients achieve a stronger, more relaxed, balanced body and mind.

Pilates and massage offer similar and complimentary benefits to clients:

- Greater flexibility and range of motion
- Reduced musculoskeletal tension and stiffness.
- Improved balance: stronger more flexible muscles improves balance and helps with the body's postural alignment, reducing the risk of further injuries.
- Improved circulation: by feeding muscles, bones and internal organs with the oxygen and nutrients they need to function properly.
- Both Pilates and massage invoke a release of endorphins; amino acids that work as the body's natural painkiller.
- Increase body awareness, enabling us to recognise potential issues and deal with them, before they become a problem.

Pilates and massage therapy work well hand-in-hand, to strengthen muscles and release tension. For example: Due to our ever increasing sedentary lifestyle and working environments, i.e. sitting in front



"Hot Stone" Body Massage at The Gstaad Palace SPA. Contact the SPA Reception for details 033 748 5890

of the television and office work, many of us develop very tight neck and shoulder muscles. Typically the upper/mid back muscles and shoulder girdle muscles become increasingly weak. These muscle groups work to stabilize and hold the torso upright in correct postural alignment. When they become weakened, and our posture is compromised, tension builds resulting in neck, shoulder, and back pain. Pilates training helps to strengthen these weak muscles whilst stretching out the tight overused muscles. This combined with abdominal core stability, creates a counter balance that allows the neck and shoulder muscles to relax, achieving better postural alignment. However this can often be achieved more effectively if certain muscles are released first through massage. Then the benefits of Pilates can take their full effect.

Many of us will at some time in our lives experience physical pain, due to accident, illness, lifestyle etc. It is human nature to develop a protective barrier, both physically and mentally, around the affected area in order to help block this unpleasant sensation. Often we are unaware of our instinctive protective mechanisms, so when faced with the challenge of working on healing ourselves we need the help and guidance of a fully qualified body worker to help us. Professional Pilates instructors and massage therapists have the skills and abilities to help those in pain face their fears and break down their pain barriers. With their guidance we can develop a better understanding about our bodies, learning to move with greater ease, and building the confidence to safely move beyond the boundaries we have set for ourselves.

While they use different approaches, both Pilates instructors and Massage therapists have similar goals when treating their clients. What a therapist can feel helps guide the instructor to areas that need addressing and vice versa what the instructor can see helps tell the massage therapist where to target/focus a treatment. It makes sense then that when a client combines the two therapies they have greater potential to create a more balanced body, enhancing physical, emotional and mental well-being.



Simonne Smiles and Brad Moffitt

The Pilates Studio Gstaad would like to welcome Simonne Smiles to our Summer Pilates Team.

Simonne comes from a background of classical ballet where she trained at the Australian Ballet School and holds an Advanced Diploma of Dance.

All Smiles...!!!

She was first introduced to Pilates in the mid 90's and used it as part of her conditioning, strength building program. From there her interest grew, and she began to see the benefits of Pilates both in terms of its strengthening benefits and also its therapeutic value as rehabilitation for both body and mind.

In 2004 Simonne completed her full certification in Pilates instruction from Pilates International Sydney, Australia. Upon completion she taught for 4 years at various Pilates studios and dance schools around Sydney. Then in 2007 she decided to re-pursue her interest in dance, joining a new venture in Suzhou, China.

Simonne is now looking forward to teaching again, and sharing her experiences and knowledge at The Pilates Studio Gstaad.

Simonne's husband Brad, an ex-classical dancer and qualified massage therapist, will also be joining her in Gstaad.

Brad has worked along side a number of physiotherapists for various prestigious dance companies, including the Australian Ballet Company.

Brad and Simonne feel that Pilates and massage complement each other extremely well. They have seen the benefits of both therapies, and how working in conjunction with each other they can greatly benefit the overall wellbeing of all clients.

Simonne will be with us from the beginning of July to the end of September 2008.



Summer Packages

INTENSIVES

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

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

Pilates	5 x 55min sessions	CHF 550
Galileo	1 x 55min session plus 4 x 20min sessions	CHF 300
Pilates/Galileo Combo	5 x 55min sessions	CHF 650
Mix	3 x 55min Pilates sessions plus 2 x 20min Galileo sessions	CHF 425

3 Day Intensive - These packages are to be taken over a 5 weekday period.

Pilates	3 x 55min sessions	CHF 345
Galileo	1 x 55min session plus 2 x 20min sessions	CHF 210
Pilates/Galileo Combo	3 x 55min sessions	CHF 410
Mix	2 x 55min Pilates sessions plus 1 x 20min Galileo session	CHF 280

WEEKEND WELLNESS

Great for those treating themselves to a wellness weekend in the Alps.

Pilates	2 x 55min sessions	CHF 240
Galileo	1 x 55min session plus 1 x 20min session	CHF 170
Pilates/Galileo Combo	2 x 55min sessions	CHF 285

* Available for the period July-September 2008.

** Packages are for the use of individual clients only.

*** 48 Hours cancellation notice is required or the full package fee is charged.

**** Once started a package becomes non-refundable.

***** Instruction is given primarily in English; limited French and German appointments are available.

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

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