

Nutrition & Pilates

by Kate Boyle (Qualified Pilates Instructor & Nutritionist)



THE PILATES GAZETTE

Nutrition and Pilates are inter-related in many ways. Most people that partake in Pilates are doing so to improve their well-being and physical fitness, however, Pilates is just one part of the equation when it comes to your health. Diet and nutrition are the key to improving energy levels, maintaining a healthy weight and staying mentally alert.

Pilates may be seen as a form of external nourishment for the body, improving muscle tone, balance, co-ordination, posture and flexibility. A healthy well-balanced diet will provide the internal nourishment the body needs to meet the demands of the Pilates exercises.

When speaking about a healthy diet, variety is the key. A diet rich in fruits, vegetables, whole-grains, lean meats, fish and healthy mono-saturated fats will help protect the heart whilst providing fuel for the brain and the body. Eating smaller portions at more regular intervals will help boost your metabolism and provide you with the on-going fuel required to get through your day.

Many Pilates clients often come to class feeling tired, lethargic and flat. I

commonly ask people when they last ate as low blood sugar levels are often the cause of fatigue. Ideally you should have a snack 1-2 hours before Pilates to make sure you have enough fuel to concentrate, breathe fully and exert the energy needed for those difficult exercises that your Instructor likes to throw in! Many Pilates enthusiasts will know that eating a large meal before class may cause discomfort and possible nausea or reflux depending on your digestive system and the intensity of your workout. Therefore it is best to avoid eating large amounts before your session. Ideal and portable snacks include fresh/dried fruit, yoghurt, a fruit smoothie or a low-GI muesli bar.

Joseph Pilates believed *'the principal point to remember in regard to diet is to eat only enough food to restore the fuel consumed by the body'*.¹



This is a good philosophy to prevent overeating and over-indulging, moderation is the key. Don't eliminate your favourite foods from your diet but stop and think about what food you are putting into your body. The fresher the food, the better it is as processed foods tend to be higher in sugar, salt and fat. Colour is also important, try to include as many different coloured fruits and vegetables to ensure you are receiving essential vitamins, minerals and antioxidants that help fight the aging process. Foods high in antioxidants include all berries (especially blueberries), dried dates and apricots, peppers, tomatoes, kidney beans, garlic, soy, Green and Black Tea. Dark chocolate and red wine contain antioxidants so even that indulgent treat is not all bad!

Finally, if you are spending time and money creating the perfect body physically through Pilates, why not spend some time creating a healthy body from the inside out.

(1 –A Pilates Primer: The Millenium Edition, P 18, Joseph H. Pilates & William J. Miller, Presentation Dynamics, 1998)
Available at The Pilates Studio Gstaad

Studio News

- Sadly, on 1st April 2009, we say goodbye to Kate, whom has been with us for this Winter Season. Kate has been a joy to work with and will be missed by staff and clients alike. We wish her all the best and hope she will return soon for another season!
- *The Gstaad Palace Hotel and Chalet Bärbeli Pilates Studio* will close for the Winter Season on 15th March 2009. However it will be business as usual at *The Pilates Studio Gstaad - Palace SPA Studio*.
- During the Low Season opening hours will be reduced

and clients will need to ring the Pilates Studio Door Bell at the 'Red Door' for access to the SPA changing rooms and Pilates Studio.

For more information please contact the Studio directly: +41 (0)33 744 1081

Frequently Asked Questions

by Lauren Young

(Continued from Issue 6, Autumn 2008)

Q7 What should I consider before starting Pilates or Galileo classes?

Before commencing Pilates or Galileo classes there are a few guidelines you should follow. If you have an injury, medical condition, are pregnant or you recently gave birth then please follow the guidelines below:

- Firstly consult your doctor/physiotherapist to determine whether Pilates or Galileo classes are suitable for you. If the doctor recommends these forms of exercise then please obtain a letter from your doctor outlining any recommendations or contraindications.
- Question the instructor on their qualifications and find an instructor that you feel comfortable training with.
- It is preferential to start practicing Pilates or Galileo on a one-to-one

basis. You will find that you understand the principles of both methods better when you learn in a more intimate environment.

Q8 What's the difference between Pilates matwork and apparatus classes?

The Pilates principles applied in matwork and apparatus sessions are the same.

Mat classes are performed in a group where the exercises require you to work your body weight against gravity therefore providing resistance and challenge. The exercises are performed standing, sitting and lying on an exercise mat. Small apparatus (e.g. Resistance bands, resistance circles, swiss balls) are often used in this format.

A Pilates class which uses apparatus is taught on large specialised pieces of equipment (e.g. Reformer, Cadillac, Stability Chair and Barrels). The equipment utilises spring resistance

which can have both a supportive and challenging role in the exercises. Due to the specialised nature of this equipment the classes are taught one-on-one, or in small groups of 2 – 4 people.

Q9 Can I learn Pilates from a DVD or a book?

The best way to learn Pilates is from a well trained Pilates instructor. Books and DVDs are recommended to help supplement what you have learnt from your instructor. You will see more improvement if you take it upon yourself to practice the principles outside of the studio.

The Pilates Studio Gstaad stocks a comprehensive range of books and DVDs. If you would like to continue your training outside of the studio then please speak to your instructor about the most suitable supplement for your training.

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

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