

W PILATESSTUDIO GSTAAD

THE PILATES GAZETTE

Pilates and Bone Density

Osteoporosis and Osteopenia are serious and growing problems in our society today. Osteoporosis is a condition where the bones become brittle and fragile thus leading to a higher risk of fractures than in normal bone. Osteopenia is when the bone density is lowered and is considered to be the precursor of Osteoporosis. I urge you to read on whether you are a man or woman, or if you have Osteoporosis or not.

You may be startled by the statistics that are to follow. One in three women and one in five men over the age of 50 will experience osteoporotic fractures. For a woman your risk of osteoporotic fracture is higher than the risk of breast cancer diagnosis.

Before you say "it won't happen to me" it is important to know a few facts about your body. You will reach peak bone mass by your late 20's and from your mid 30's you can expect to lose bone at the rate of about 1% per year. Following menopause, the rate of bone loss is 1% - 5% per year. Men also lose bone as they age however not as rapidly as women. Therefore if you are a man or woman under 30 you should be trying to build bone mass now and if you are over 30 you should be trying to slow age-related bone loss. Weight-bearing exercise is one of the most effective ways to do this.

Unfortunately, our balance also deteriorates as we age. In fact, our balance starts to diminish after the age of 30. Without good balance we are more likely to fall which can lead to fractures. However balance is one sense that can be improved considerably with the help of Pilates.

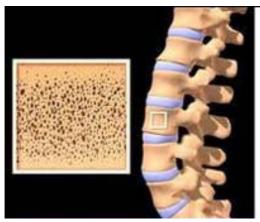
Pilates in the Prevention and Management of Osteoporosis

Regular physical activity on a longterm basis has a particularly important role in maintaining healthy bones. Pilates can maintain and increase bone strength by by Lauren Young & Natasha Lutz

increasing bone mass or by slowing age-related bone loss. Muscle strength is also increased, which is important for supporting the joints and preventing falls which can lead to fractures. However there is a catch. Any positive gains in bone and muscle strength are lost when you stop exercising, so it is important that your Pilates sessions are regular and ongoing.

Pilates improves co-ordination, balance and flexibility which are also important for fall prevention. Any bone can be affected by Osteoporosis, but the most common sites of fracture are the wrist, ribs, pelvis, spine and upper arm. Pilates is quite unique compared to other weight-bearing exercise in that it specifically trains the deep muscles close to the spine. training these muscles it helps to support the spine and therefore maintain bone mass in the vertebrae. This also improves the rounded postures of individuals with Osteoporosis.

Continued on page 2.



Normal bone with the appearance of a honeycomb matrix



Osteoporotic bone with a more porous appearance



Winter Studio News

Winter Opening Hours

From the 13th December 2010 - 31st March 2011, The Pilates Studio will open on the following days:

Mondays 9:00 - 20:00 Tuesdays 9:00 - 20:00 9:00 - 20:00 Wednesdays 9:00 - 20:00 Thursdays Fridays 9:00 - 20:00 Saturdays 9:00 - 20:00 Sundays **CLOSED**

The studio will be closed on the following public holidavs:

Saturday 25th December 2010 Saturday 1st January 2011

In compensation for the above closures the studio will be open on the following Sundays:

Sunday 26th December 2010 Sunday 2nd January 2011

Instructors

This Winter you are spoilt for choice as there will be three Pilates teachers working at The Pilates Studio Gstaad. From 13th December 2010, Natasha Lutz; Head Instructor, will be joined by two experienced Stott Pilates Instructors; Alaria Ritchie and Liz Verheyden.



Alaria Ritchie has over 6 years of teaching experience as a fully qualified Stott Pilates instructor, and is currently working as a Physiotherapist Assistant in a rehabilitation clinic near her home town Toronto, Ontario, Canada.

Pilates and Bone Density

doing your Pilates sessions with a qualified teacher who understands these conditions. This is because some movements will need to be modified and some precautions taken during your It is best to attend session. sessions privately or in very small groups where the teacher can make the necessary modifications.

If you already have Osteoporosis If you attend a large mat class or Osteopenia, you should be where you are doing the same exercises as everybody else you may end up hurting yourself. So if you can't attend private sessions try to find a class that is specifically for individuals with Osteoporosis.

> more information please contact the Pilates Studio: +41 (0)33 744 1081 or info@pilatesgstaad.ch

Alaria is able to teach people of all abilities and has taught Pilates and Yoga to a variety of populations including older adults, teenagers, children, pre and post natal women, partners, and injury rehabilitation/ prevention.



Liz Verheyden

Not only is Liz Verheyden a fully qualified Stott Pilates instructor but she also holds a Bachelor of Science with honours in exercise science and Biokinetics (exercise rehabilitation) from University of Cape Town, South Africa.

Liz has a creative approach to teaching, with a high attention to detail, aiming to keep her clients interested and promoting maximum benefit out of each Pilates session. She has a special interest in orthopaedic rehabilitation and focuses greatly on correcting muscle imbalances as well as general fitness training.

For more information about our instructors please visit the biography section of our website: www.pilatesgstaad.ch

Price Increase

This Winter see's the studio's first price increase since the new SPA opened. Please visit the class details and prices section of our website for more details: www.pilatesgstaad.ch

Continued from page 1.



