

PILATES STUDIO MEMBERS  NEWSLETTER

Summer has arrived in all its glory!
Hope you have all been out absorbing the Vitamin D & ensuring that the BBQ's have been cleaned & gardens tidied for those glorious summer evening get togethers!

Back In Motion News Items

-  Centre City Clinic Receptionist, Rachel & her husband Mark gave birth to their daughter 'Lily' at 7.30am on the 6th August 2010
-  Congratulations to Albany St Clinic Physiotherapist Tim Dalman & Yasmin Assen on their recent engagement while on a romantic weekend getaway!
-  All the best to Tim who is leaving Back In Motion Albany St in November, after 4 years, to further his career in Wellington where his fiancé will be pursuing her career in acupuncture
-  Thank you & best wishes to Maria Gamble for exceptional massage therapy over the past 2 years! Those magic hands will be missed dearly!
-  Thank you to our Massage Therapist, Christian, who will be returning to his native Germany in the New Year
-  Centre City Clinic Physiotherapist Rachel Tichbon will return from Australia & be available to see patients from December 6th. She is also to be married to her fiancé Glen Mitchell early in the New Year.



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PHYSIOTHERAPY & PILATES

Perform^o

IMPROVE BALANCE INCREASE PERFORMANCE REDUCE INJURY

JUST \$35 PER WEEK

Total Perform^o programme cost is \$180

- A six-week Perform^o programme consists of 12 training sessions: 3 individual and 9 group sessions
- Manual resistance & movement awareness
- A combination of training methods including training with some of the art Pilates methods
- Also including resistance training, flexibility improvement, balance and core conditioning

Call Tim to register: 477 1850 www.backinmotion.co.nz

PILATES PROGRAMMES FOR PERSONS WITH A DISABILITY

The Albany Street Clinic has become a hub for those who have suffered medical event such as stroke or brain injury & those who have a condition such as multiple sclerosis or cerebral palsy.

Pilates programmes can be gentle or challenging dependant on the individual & chosen exercises can:

- assist with stretching tight joints and muscles
- strengthen specific muscles that have been weakened and not used
- copy functional movements such as reaching and stair climbing
- improve balance and walking ability

Bronagh has over 20 years of experience working with people with disability. Great gains have been made with clients using the Pilates equipment with regard to fitness, walking endurance, function and quality of life. Clients can access the 20/20 programme independently or with a care giver and use Bronagh's skills to tailor the programme to meet their needs.

If you know of anyone who you think could benefit, feel free to talk with Bronagh at the Albany Street Clinic or call her on 4771680.



TEAM PINK PILATES

Pink Pilates is an Exercise Programme for women who have been affected by Breast Cancer. This programme is run by the Pink Pilates Trust & provided by our Physiotherapists Lisa Johnston & Kerryn Tutty.



On Saturday March 12 2011, Back In Motion plans to support Team Pink Pilates by completing the Motatapu 15km Miner's Trail (Walk or Run). The 15km course loops from Arrowtown, ascends the historic Tobin's Track to Glencoe Station where you will finish overlooking the Crown Range, Wakatipu Basin & the Remarkables.

If you would like to join us as part of Team Pink Pilates please visit:

<http://www.iconicadventures.co.nz/motatapu-home/miners-trail/> to register & ensure you get some Pink Laces to wear on the day!

GIFT VOUCHERS

As it is getting closer to Christmas you may be wondering about what gifts you can give.

We have Gift Voucher's available at reception so if you think you know of someone who may appreciate utilizing our services please consider this option.

Christmas Gift Ideas:

- Relaxation/Deep Tissue/Lymphatic Massage
- Acupuncture Treatment
- One on one Pilates Session
- Mat Class Rotation (usually 8-10weeks)



Baby Shower Gift Idea:

- A series of Prenatal or Mums & Bubs Studio classes for Mum to be/new Mum (usually 6 weeks)

PILATES & OSTEOPOROSIS

Recent studies (2009) have found that 1 in 2 women & 1 in 4 men over the age of 50 will experience a fracture due to osteoporosis at some point in their lives. Osteoporosis affects our Bone Mineral Density (BMD) by decreasing it.

Weight bearing exercise is recommended by the World Health Organisation to assist in the prevention of Osteoporosis. It just so happens that Pilates is a weight bearing exercise, as is walking/running & any form of lifting. Balance is also essential for decreasing the risk of falls which can cause fracture, so keep working on those standing leg pumps on the chair without using the hands & if you've already mastered that then try it with eyes closed!

Fruit & vegetable's (especially the green leafy kind), calcium, Vitamin D (that's right get out in the sun without some sunscreen for a few minutes each day) & magnesium are essential for bone health. Decrease the amount of animal proteins, sugar, cigarettes, colas, caffeine & sodium consumed, as this increases acid within the body, take calcium from the bone & prevent bone building nutrients from acting therefore stimulating a decrease in bone density.

Put a smile on your face, watch a funny movie, catch up with friends or go dancing. A high level of the stress hormone cortisol is known to weaken the bones.

If you already have osteoporosis, weight bearing exercise can still assist in maintenance of your BMD, some exercises are advised to be avoided especially those that involve flexion where the risk of fracture is heightened. Extension exercises & activities where the body is in a neutral position are recommended as the safest options. Walking is also still advised for osteoporosis, though running is not, due to the increase in forces needing to be absorbed through the bones.

Back in Motion will readily prescribe a specific exercise programme for those who have osteoporosis.

And B R E A T H E

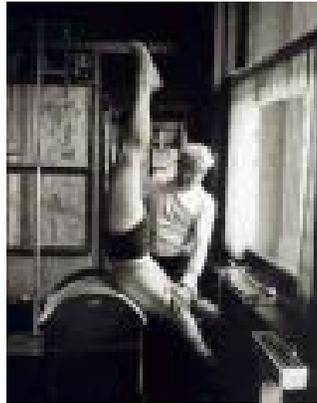
- In the 20th century we are so busy rushing and on the go-go-go that we do not pause to check on ourselves. Our rushing causes us to be stressed and many people do not know how to turn the stress off. People can also adopt unhealthy postures and breathing habits. Other causes of poor breathing patterns can include asthma, respiratory conditions such as COPD, damaged lungs from years of smoking, heart conditions, and diabetes.
- Physiotherapists Bronagh (Albany St Clinic) & Lena (Musselburgh Clinic) are trained in the BradCliff Method® to assess and treat breathing pattern disorders. She can work with you to find the causes of your symptoms and subsequent bad breathing. She can then work with you to:
 - Learn to relax;
 - Learn to breathe correctly and efficiently;
 - Learn to deal with stressful events with correct breathing/relaxation techniques;
 - Strengthen weakened inspiratory muscles to reduce snoring and improve sleep apnoea;
 - Learn to breathe correctly with exercise;
 - Get control back into your life.



WHAT'S NEW IN THE STUDIO?

In an effort to create interest & liven up our Albany St & Centre City Studio's Kerry & Laura will be hanging framed plaques. One of the plaques provides the month's inspirational quote from Joseph Pilates himself & the other offers the Pilates Principle of focus for the month. The purpose of these plaques is to provide our members with a greater awareness of Joseph, his passion for Contrology (the original form of Pilates), the Pilates Principles & how they may be emphasized within your programme.

Posters have also been ordered for the studio to provide further interest & inspiration to our members. These posters show a few of the exercises that you can aspire to while also promoting the Pilates Principles.



DUO-SESSION PILATES!



Grab a friend and try our new 1-hour Duo-Sessions!

JUST \$40
per person

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PHYSIOTHERAPY & PILATES

Great value at just \$40 each for a session with one of our instructors!

*A Duo-Session is for 2 people, at \$40 each - \$80 total. Initial assessment required. Friends must attend together at the same time & one friend cannot attend without the other for the special price as above.

www.backinmotion.co.nz

STUDIO GUIDELINES - A FEW REMINDERS!

- Summer has arrived, the sandals have come out of the cupboard & the socks have come off! Please remember though to put a spare pair in your Pilates bag for those moments when you are caught out or please ask staff for a pair to borrow while you are in the studio as we have many clean/odd pairs available.
- Centre City Studio has new towels... again please ensure that you use these behind the head while you are lying on the equipment - they are also great for wiping the sweat from your brow & if needed for cleaning off the equipments with our cleaning spray.
- Bookings are welcome in advance - however please ensure that you call us as soon as is convenient to let us know if you cannot make an appointment. This allows an opportunity for someone else to utilize the space especially now that our studios are very busy.
- Centre City Studio has a fabulous new key system - A Key for a key - that has allowed us to keep track of our locker keys without them going missing. Thank you very much for co-operating with us; it has now been 4 months without a key going missing! If you miss out on a locker or would prefer not to use one, we also have cubby holes available for use.
- Equipment checks & cleaning is carried out regularly at each studio however things unfortunately can be missed so please advise the staff if something is amiss with the equipment or facilities.
- As the holidays are fast approaching you may wish to place your membership on hold. The hold fee is \$16 & there is a minimum hold period of 2 weeks - maximum of 2 months. Please approach reception if you wish to place your membership on hold while you enjoy a few weeks off!
- Automatic Payment is an easy & cost effective way to pay for your Pilates Membership that we readily encourage, however please ensure that administration staff are aware of your account name if it differs from the name on the membership.
- Lastly please ensure you make yourself known to our gorgeous Reception staff on your arrival. This is to ensure that our attendance & membership records are kept accurate.

