

February Newsletter

HEARS TO YOUR HEART!

A WORD FROM YOUR TRAINERS:

Your heart is one of the most important organs of your body – it keeps you alive and well. The month of February celebrates not on Valentine's Day but more importantly it is National Heart Health month. Heart disease is the number one killer in America – especially for those who smoke and don't eat properly. It affects millions of Americans each year and it is our job to be aware of the causes of Heart disease and find ways of preventing it. Lifestyle change is the best way to prevent heart disease such as eating right with heart healthy foods, exercising regularly and monitoring your weight. Giving the gift of health is the kindest most beneficial gift that anyone can give this Valentine's Day. So instead of buying those candy hearts and flowers that warm the heart, give them a gift that will strengthen and protect it – the gift of health.

Happy Heart Month!

The Trainers at PURE Pilates

Attention Golfers—try Pilates for a better swing!

The Reformer does:

- Creates even back muscles
- Increase range of motion in hips and shoulders
- Enhance stability
- Increase overall strength, Flexibility and balance.

So You Can:

- Have a powerful swing
- Get more distance, power and rotation in your swing
- Maximize balance and alignment during your swing
- Play without pain!

New at PURE Pilates

Attention Golfers!!
Improve your score
with a stronger core!

Feb. 1 630 & 730pm

Feb 2 8pm

Feb 4th 8am

Feb 5th 6am

**Complimentary
Introductory sessions**

Classes start Feb. 8th

**Monday 630pm with Patricia
Friday 6am with Melissa**

Sign up at the front desk



**Check out our new schedule
on our website at
www.purepilatesboston.com**

Continued on page 2...

Run faster and farther with Pilates!

With the month of February being National Heart Health month, one of the greatest things one can do for their heart is get some good old cardiovascular work into their routine! Whether you're a competitive runner or weekend jogger trying to shed a few pounds, there's no doubt that running is an easy way to keep in great cardiovascular shape. But your body can take a beating - this is especially true if it develops imbalances.

Body imbalances develop because of poor body mechanics, causing certain muscles to become overused (a common trait in runners), while others become underused.

This can result in a variety of ailments from lower back pain to hip bursitis to anterior knee problems. It can also lead to a wide variety of tears, strains and pulls.

Pilates exercises create a stronger, more flexible spine and core, and also promotes faster recovery from strains or injuries. For a runner, posture is one of the key ingredients to success. And posture is very dependent on a strong core. Pilates develops a strong core by supporting and strengthening the muscles of the torso, hips shoulders and pelvis. These can eventually lead to a huge positive difference in your posture, technique, balance and stability. It enables you to focus on where your head and neck are in relation to the spine and pelvis, on down through the legs and toes. This all adds up to more efficient movement and less chance of injury.

Some of the benefits you can expect to gain from adding Pilates to your running regime include increased stamina, stability, strength and balance. Runners can expect to run more efficiently with greater stabilization, experience less

strain in the upper body and shave seconds off your times due to total body awareness and muscle coordination. Try Pilates, and have a great run!

References: Information taken from Balanced Body Pilates <http://www.pilates.com/BBAPP/V/index.html>



I am currently training for a marathon, and adding classes on the Pilates Reformer to my workout routine is proving to be very beneficial. Melissa has an incredible eye, and has been able to use the Reformer to help me make subtle adjustments to my alignment that have dramatically improved my running style. The Reformer is also great for building your core muscles and improving your flexibility, both of which are key to enhanced performance and injury prevention. I would definitely recommend the Reformer to any guy involved in regular physical activity, whether it be running, lifting or otherwise.—Steve Hayden

Support a good cause

CSC Personal Trainer and PURE Pilates client Holly Feather is running the Boston Marathon with Dana Farber to raise money for Cancer Research, you can support her journey at <http://www.runDFMC.org/2010/hollyf>.