

New Woman

new health

 \$3.50
 (GST)


Keeping informed on how you can improve your health and fitness (such as the Pilates Method, above) is one way to get the very best out of your life

By Jill Farrar



NG DILEMMA

TAKE CONTROL

Probably as many people as have had 'peak experiences' on the aerobics floor have met with injury and what you might call a fitness brick wall. Unless we are already fit and flexible, the ballistic element of aerobic dance and jogging does us more damage than good. Then there's the simple fact that after a trying day in the office with phones ringing non-stop, many of us don't want to be bombarded with an overdose of colour and sweaty movement. Enter Joe Pilates, German gymnast and body builder who created the Pilates Method of Body and Mind Control early this century. His system is based on a combination of yoga, classical ballet, isometrics and callisthenics, using controlled breathing throughout. Most importantly, the method relies on concentration. You

BODY CONTROL STUDIOS

SIMPLY THE BEST

ALL
THE BEST

Summer
PLUS win a

come into the studio, brain abuzz with the day's unfinished business, and emerge serene, centred, feeling somehow freer in movement and, yes, taller. Allan Menezes who teaches Pilates' method at his two Body Control Studios in Sydney says his clients are a mixture of those with back and joint problems referred by physiotherapists, dancers and musicians (who also need to stay limber) and 'regulars' who like the way Pilates' body discipline makes them feel and love the effect it has on certain areas, namely abdominals, thighs and gluteals. Body Control Studios in Sydney, phone (02) 387 2986 or 906 8824 and Body Concept Studios in Melbourne (also Pilates) phone (03) 649 8666.

...orate the New Woman -