FLIGHT DECK
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# BAKER'S DOZEN

## by candida baker

### BODY CONTROL

WHAT do Greta Scacchi, Peta Toppano, Mark Dragon, Suzi de Marchi, Bob Carr and Britt Ekland have in common? They've all trained with Allan Menezes – an exponent of the pilates method of exercise which combines stretch with strength. Menezes, who now has three Body Control studios in Sydney and is opening his first franchise next year, came to the method through his own injuries.

"I was captain of the university rugby team," says Menezes, "and I received a nasty blow to the back."

Menezes was in constant pain until his father pointed out a pilates dance class to him. Menezes now manufacturers equipment in Australia, which is supplied to ballet schools and private owners.