



i-Nurture Magazine



Pilates, wellness, meditation, fitness, nutrition, and much more.

Issue - September 2014

BENEFITS OF PILATES: THE EVIDENCE

NEW WEBSITE & Facebook Page!!

www.pilatesinchelmsford.co.uk



**Pilates
Exercise
of the
Month**

**Improve
your
fitness
FASTER**

**PILATES
BLOG!**



**PRINCIPLES
OF PILATES**

**Meditation
For
Beginners**

**Healthy Eating:
What is your
excuse not to?**

**ARE YOU DOING ENOUGH
EXERCISE?**

i-Nurture Magazine September 2012

Lead Article - Chris Hunt Pilates

The Generation Gap 3

Sport Core Strength

Improve your fitness faster! 4

Pilates Classes Information

5

Pilates Rehab

Pilates Benefits: The Evidence 6

Diet excuses, excuses!

7

Meditation

Meditation for beginners 8

Pilates Rehab Exercise of the Month

Rolling like a ball 9

Pilates Life Solutions Principles of Pilates

Pilates breathing 10

Classes / News & Events

11

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Three things cannot be long hidden: the sun, the moon, and the truth



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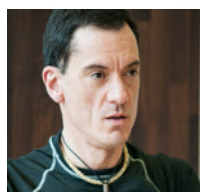
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In this month's article, Chris looks at figures about the age we exercise



The Generation Gap



CHRIS HUNT

LEAD

ARTICLE

www.chrishuntblog.com

Charity Age UK claims that less than half of over 55's are doing the recommended 2.5 hours of exercise per week, with one in eight not doing any exercise at all.

But findings from the same research highlights that three in ten would like to take part in more exercise. Whilst the new research shows many older people are keen walkers (82%) and often undertake activities around the home such as gardening (75%), only 8% currently go to the gym regularly and only 8% do aerobic exercise. However, older people are keen to take part in more exercise and try something new.

Over a quarter (27%) said they wanted to try swimming, with 15% mentioning they would be interested in going to the gym, 14% keen to go along to classes such as yoga or Pilates and 12% interested in aerobic exercise. More than one in five (22%) also mentioned that they prefer to exercise in a group where they may or may not know people.

Whilst the claims from Age UK are concerning, even more worrying are figures provided by UK healthcare charity Nuffield Health. They have found that their members reaching the pension age and above visit the gym on average more times per year than teenagers. The

charity analysed usage figures of its 120,000 fitness and well being centre members and found that gym visits peaked at 66-years-old, having increased by four times each decade.

People in their sixties and above make more than 20 additional trips on average compared to teenage members, while those in their seventies and eighties visit the gym 70 times a year. According to the charity, more than a quarter (27 per cent) of the total membership base are aged at least 50-years-old,

We are all living and working longer than ever before, so it is essential that people are given the tools they need to take control of their own health. Whilst a large percentage of people over 55 are not exercising enough, at least numbers in that age group are increasing. What is more worrying is the lack of enthusiasm shown by teenagers in their fitness.

It is essential that relevant exercise classes are made available for people over 55, and that teenagers are also encouraged to take their health more seriously.

Chris is an international Pilates presenter and instructor, member of REPS, and the CEO of Pilates Rehab, Pilates Life Solutions, Sport Core Strength. Chris' interests include climbing, snowboarding, golf, scuba diving, yoga, meditation, mountain biking and running. He is a singer/songwriter and plays guitar and keyboards.

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[Pilates Rehab](#)

We offer tailor-made Pilates programs for

people recovering from issues such as operations or injury. We have a national network of fully qualified practitioners who will help you to recover quickly, and teach important life skills that you will use everyday.



[Pilates Personal](#)

[Training](#) offer one-on-one or small group training sessions that will

make you stronger and more flexible. Our clients include people who simply want to improve their quality of life, sportsmen and women who want an extra edge, and athletes who want to improve performance.



[Pilates Allstars](#)

offer Pilates to children with private sessions, and sessions at

schools. We believe all children should leave school with a good posture and be body aware. The implications for future life are enormous, and it is never too early to get children into the fitness habit.

Pilates techniques to help your body reach its potential



How to improve
your fitness in the
quickest way
possible

Improve Your Fitness Faster!



Many of us wonder how much exercise we really need to gain health and fitness.

In Canada, a group of scientists are asking, how little exercise do we need? The answer appears to be, a lot less than most of us think – provided we're willing to work a bit.

In proof of that idea, researchers at McMaster University in Hamilton, Ontario, recently gathered several groups of volunteers. One consisted of sedentary but generally healthy middle-aged men and women. Another was composed of middle-aged and older patients who'd been diagnosed with cardiovascular disease.

Researchers tested each volunteer's maximum heart rate and peak power output on a stationary bicycle. In both groups, all of the volunteers were out of shape and, in the case of the cardiac patients, unwell. But they gamely agreed to undertake a newly devised program of cycling intervals.

Most of us have heard of intervals, or repeated, short, sharp bursts of strenuous activity, interspersed with rest periods. Almost all competitive athletes strategically employ a session or two of interval training every week to improve their speed and endurance. But the Canadian researchers wanted the groups to exercise exclusively with intervals.

For years, health organizations have recommended that people complete 30 minutes or more of continuous, moderate-intensity exercise, such as a

brisk walk, five times a week, for overall good health.

But millions of people don't engage in that much moderate exercise, if they complete any at all. Asked why, a majority of respondents, in survey after survey, say, "I don't have time."

Intervals, however, require little time. They are, by definition, short. But whether most people can tolerate intervals, and whether, in turn, intervals provide the same health and fitness benefits as longer, more moderate endurance exercise, are issues that haven't been much investigated.

Several years ago, the McMaster's scientists did test a punishing workout, known as high-intensity interval training, or HIIT, that involved 30 seconds of all-out effort at 100 percent of a person's maximum heart rate. After six weeks, these sessions produced similar physiological changes in the leg muscles of young men as multiple, hour-long sessions per week of steady cycling, even though the HIIT workouts involved 90 percent less exercise time.

Recognizing, however, that few of us willingly can or will practice such straining all-out effort, the researchers also developed a gentler form of HIIT. This modified routine involved one minute of strenuous effort, at about 90 percent of a person's maximum heart rate followed by one minute of easy recovery. The effort and recovery are repeated 10 times, for a total of 20 minutes.

Despite the small time commitment of this modified HIIT program, after several weeks of practicing it, both the unfit volunteers and the cardiac patients showed significant improvements in their health and fitness. The results were especially remarkable in the

cardiac patients. They showed "significant improvements" in the functioning of their blood vessels and heart.

It might seem counterintuitive that strenuous exercise would be productive or even wise for cardiac patients. But so far none have experienced heart problems related to the workouts. It appears that the heart is insulated from the intensity of the intervals because the effort is so brief.

Almost as surprising, the cardiac patients have embraced the routine. Although their ratings of perceived exertion, or sense of the discomfort of each individual interval, are high and probably accurate, averaging a 7 or higher on a 10-point scale, they report enjoying the entire sessions more than longer, continuous moderate exercise. The hard work is short, so it's tolerable.

The scientists have noted other benefits in earlier studies. In unfit but otherwise healthy middle-aged adults, two weeks of modified HIIT training prompted the creation of far more cellular proteins involved in energy production and oxygen. The training also improved the volunteers' insulin sensitivity and blood sugar regulation, lowering their risk of developing Type 2 diabetes.

Of course, HIIT training is not ideal or necessary for everyone. If you have time for regular 30-minute or longer endurance exercise training, then by all means, keep it up. There's an impressive body of science showing that such workouts are very effective at improving health and fitness. But if time constraints keep you from lengthier exercise, consult your doctor for clearance, and then consider joining an appropriate class.

PILATES CLASSES

Why you should come to our classes!



Are you tired of having a back ache? Do you want to lose weight and change your body shape? Do you want to have more energy, strength and flexibility? Pilates can help you to achieve all this and more. Our sessions have been running for 10 years, so you can rely on us to give you a great service in a lovely venue only 10 minutes from central Chelmsford. Free parking, changing rooms and a lovely clean (and warm for the winter) hall. We provide all the mats and equipment. Classes are taught at different levels so they are appropriate if you are a beginner or if you are advanced.

All of this for only £6 or buy a block and save money!

You can go along to the next class, or contact us if you need any other information. We also offer personal training if you prefer to workout alone or at home, and advice on nutrition and lifestyle. Together we can achieve all your goals. All you need to do is start.

Mondays 9.30-10.30 & 19.00-20.00

Thursdays 9.30-10.30 & 19.30-20.30

Margaretting Village Hall. Wantz Road

Please contact Chris on 0794 765 08 09

or email chris@chrishuntpilates.com

www.pilatesinchelmsford.co.uk



This month Pilates Rehab
give details of the benefits
of Pilates

Pilates Benefits: The Evidence



As a Pilates instructor I have experienced the amazing health and fitness benefits the practice delivers.

A number of scientific studies have actually quantified such results. Here are four studies proving Pilates power to heal.

Ease fibromyalgia. Fifty women diagnosed with fibromyalgia syndrome were randomly assigned to two groups. Group one participated in a one-hour Pilates exercise program three times a week for 12 weeks. Group two was given a home exercise (relaxation/stretching) program. Both groups were assessed in terms of pain and tender points. The Pilates group showed significant improvement in pain, while the control group showed none (Arch Phys Med Rehabil, 2009).

Lose fat. Fifty-eight healthy, sedentary obese women were divided into two groups. Group one participated in a Pilates training program one hour per day, four days a week, for eight weeks. Group two did not participate in the training. When both groups were measured, it was clear that the eight weeks of Pilates had a significant positive impact on weight, body mass index, lean body mass, waist-hip ratio, biceps, triceps, fat percentage, basal metabolic rate and flexibility. The control group showed no significant differences in the same measures (Coll Antropol, 2011).

Bounce back from breast cancer. Thirteen breast cancer survivors participated in a one-arm study of 12 weeks of Pilates exercises. Statistically significant improvements emerged for shoulder abduction and internal rotation on the affected side, neck rotation toward the unaffected side, and neck flexion.



Significant improvements were also reported in quality of life, mood and body image.

(J Orthop Sports Phys Ther 2006).

Lessen back pain. Thirty-nine physically active subjects between 20 and 55 years of age with chronic lower-back pain were randomly assigned to receive either four weeks of Pilates instruction, or simply a consultation with a physician and other healthcare professionals. It's likely no surprise that the Pilates group reported a significant decrease in pain and disability over the control group.

(J Ortho Sports Phys Ther, 2006).

So whatever your reason for doing Pilates, be it one of the above or something else specific to you, there is no doubt that regular sessions can help with a wide range of issues. And it is never too late to start!



This month we reveal a
new study into why we eat
what we eat

Diet Excuses, excuses!



Sticking to a healthy diet remains a difficult challenge to many people.

We have all heard our fair share of excuses from friends and family regarding why they don't eat healthy foods more consistently. Most of us certainly have made a few such excuses ourselves. But what are the main thoughts that go through our head before we slip? Many of us really want to eat more healthily, but we have an array of excuses that ease our conscience and let us reach for that bag of crisps.

New Evidence

There is new evidence available that sheds some light on our excuses. According to a new national poll of more than 1,000 women, published in the June 2012 issue of *ShopSmart* magazine (from the publisher of *Consumer Reports*), 57% of respondents said their main reason for not eating a healthier diet was cost. This old chestnut comes out time and time again, but is of course mostly untrue, as any visit to a supermarket will reveal.

Poll

The *ShopSmart* poll about women's habits and feelings vis-à-vis healthy eating exposed the list of excuses that follow. Knowing these were the most common sentiments, it might be useful to spend some time considering whether you have used any of these excuses in the past, and perhaps come up with a plan to counter such excuses the next you find yourself over indulging.



The Figures

So here are the results.

- 57%: Eating healthful foods is too expensive.
- 47%: Social settings are too tempting.
- 39%: Life is too short; I want to enjoy what I eat.
- 33%: It's hard to find healthy options when eating out.
- 29%: I don't have time to prepare healthy meals.
- 25%: My family prefers less healthy meals.
- 20%: Unhealthy habits are too hard to change.
- 18%: Healthy foods don't satisfy my appetite.
- 13%: I'm not sure which foods are healthy.

Any sound familiar?



In our regular article, on meditation, we go back to basics.

Meditation For Beginners

Here is our guide that explains how to meditate for beginners. If you are thinking OK, what do I need to do, then follow these 7 easy steps:

Meditation begins by relaxing your body. Only then will your mind be willing to meditate. So it's a continuation of what you're doing here already ... taking time to be relaxed in your chair.

Adjust your posture. Sitting comfortably straight is a vital key to meditating.

Relax your neck by very gently moving your head in small circles, or backwards and forwards and from side to side -- always do this very gently. NOTE: Do not do this if you've had a stroke or are under doctor's care. Go to next step.

How to meditate for beginners is so easy... lower your shoulders or roll them a few times, if they're tight.

Ground your body by sitting firmly on the chair. Shift your weight if necessary to become more comfortable. Stretch out your legs if you want to and then align them again. Now relax... your belly, thighs, knees, calves, ankles and feet.

Release any tight, sore area/s in your body. Do this by breathing two or



three times "into" those spots. Take your time.

Breathe mindfully. That means noticing your breath. It's much like watching waves on water. Let it be how it wants to be. As you notice your breath now, it may be shallow, uneven or jerky. It's OK however it is. You're just observing it with attention and affection -- every inhale and exhale.

If you engaged in the 7 Steps, congratulations! Now that your body is relaxed, meditating will be easy. You may already have slipped into meditation once or twice while relaxing your body...



Pilates Exercise



Name:

Rolling like a ball

Purpose:

To learn co-ordination and control, work the abdominals and massage the spine.

Please take advice if you have a spinal or disc-related problem and avoid if you have osteoporosis or a scoliosis.

This is a more unusual exercise, that brings a smile to everyone's face as well as achieving some important benefits.

Rolling like a ball teaches co-ordination and control of the body. It gives the abdominals a good workout, and is a self-massage for the spine.

Start in a seated position with your feet on the mat, holding both legs firmly under the thighs.

Breathe in to prepare. Breathe out, engage the centre, and allow the body to roll backwards, keeping your knees bent, chin tucked and your body curled up like a ball (please see the picture above).

Breathe in and roll back up to a sitting position.

Repeat the move five times. ➤

This any many other exercises can be found by clicking on www.pilatesblog.co.uk.

Note: Please consult your doctor before you start a new exercise program. Whilst Pilates exercises are recommended by physiotherapists and osteopaths, it is always wise to consult your medical practitioner if you have a specific back problem. Not all Pilates exercises are appropriate during pregnancy. Pilates has many benefits if you are pregnant, so please contact us for more information.



Principles

of Pilates



Whether you are new to Pilates, or you have been a practising Pilatista for many years, it is always worth reading and understanding the basic principles and history. Unless you fully understand these principles and the reasoning behind them, you could be losing something from your practise.

Pilates breathing is called lateral or thoracic, and is deep breaths in through the nose and out through the mouth. Those breaths are directed wide and full into the back and sides. By doing this, you make proper use of your lungs and your capacity for oxygen intake is increased. By simply breathing in this way you work the muscles between the ribs, and make your upper body more fluid and mobile.

This way of breathing also helps you to perform the Pilates exercises in the most efficient way, generally breathing out to move which helps you to relax into the stretch. By concentrating on your breathing, you also enhance the mind-body connection.

It can take some practise to master this way of breathing, as it will be quite different to how you are used to breathing.

So now using the principles explained in the last newsletters, you can now stand in your neutral position, engage your centre, and take some deep lateral breaths. By simply practising this for ten minutes everyday, you are already taking the first steps to improving your posture. ➤

Please click on www.pilatesblog.co.uk for more information about Pilates and wellness.

What exactly is Pilates?

Pilates is a revolutionary full body conditioning program, which focuses on training the mind and body to work together more effectively and efficiently. It transforms the way the body looks, feels, and performs by incorporating modern exercise science and rehabilitation principles, elimi-

nating contraindicated movements while emphasizing neutral alignment, core stability and peripheral mobility. It builds strength without excess bulk, creating a sleek, toned body and flat abdomen. It teaches body awareness, good posture, and improves flexibility, agility and economy of motion. Pilates is a safe form of movement making it optimal for clients that need to rehabilitate

injuries.

Pilates exercises train several muscle groups in smooth, continuous movements. By developing proper technique, you can re-train your body to move in safer, more efficient patterns of motion - invaluable for injury recovery, good posture and optimal health. No other exercise system is so gentle to the body while giving a challenging workout. ➤

Our regular listing of current public classes

← classes

Margaretting Hall	Pilates Class	Mondays	09.30 - 10.30
Margaretting Hall	Pilates Class	Mondays	19.00 - 20.00
Margaretting Hall	Pilates Class	Thursdays	09.30 - 10.30
Margaretting Hall	Pilates Class	Thursdays	19.30 - 20.30

All sessions are drop in, so there is no need to book.

Are you achieving all your goals? We offer:

Effective exercise in your chosen environment, with a tailored programme to suit your individual requirements. Train at your own pace, and at a time convenient to you, with initial and ongoing personal assessments.

Personal Training for individuals/small groups is available. [Contact Us](#) for more information. All equipment is supplied.

events & news ↘

New Website! www.pilatesinchelmsford.co.uk

We have a brand new website dedicated to Pilates in Chelmsford! It will continue to be developed so please keep checking back for more content.

New Facebook Group!

We also have a new Facebook Group, www.facebook.com/pilatesinchelmsford. You will find interesting articles and up-to-date news so please "like" us!

Amanda & Nicky at Margaretting

It seems that Amanda has been teaching at Margaretting for years, so well has she settled in! She is much liked so if you have not been to a class for a while, then it's a great time to return. Amanda teaches on Mondays at 9.30 and 19.00 and on Thursdays at 9.30. Thursday evening's session is taught by Nicky so we now have two very popular and experienced teachers. Come and see for yourself!

Return of the Saturday Morning Workshops?

Please contact us if you like to see the Saturday workshops return again.

For more information on classes or personal training, or to subscribe to this newsletter please send your details to us via the following contact methods

Pilates Life Solutions
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Sport Core Strength
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