

Evolve

Posture and Pilates at Body Dynamics

Get out of your slump with a Pilates program designed just for you.

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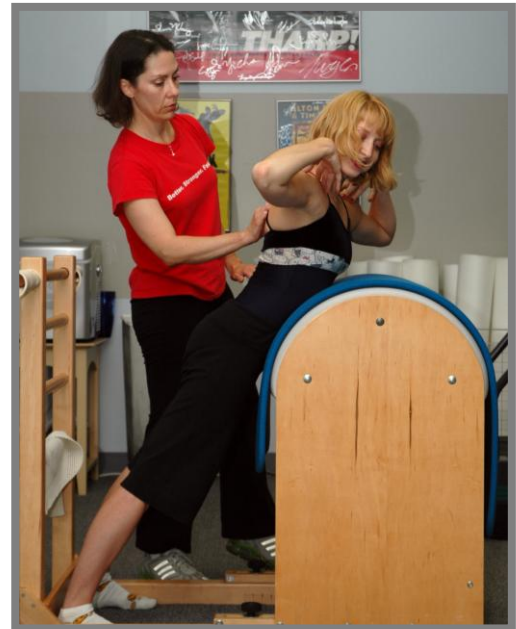
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Stop! Before you read on, examine your posture. Are you sitting upright? Are you comfortable? Or can you picture yourself looking different? Well, if you are reading this in a position that resembles slouching, then you may be in need of a Pilates session at BDI.

Slouching is characterized by sitting, standing or walking with an awkward, drooping, excessively relaxed or lazy posture. Slouching puts a strain on your spine and its associated muscles and ligaments, which can easily lead to pain, deformity and chronic illness over time. It elevates your diaphragm which creates insufficient breathing, which prevents your organs, muscles and tissues from getting the optimal amount of oxygen they need to function at their very best. It also increases the load on your lower back and can lead to chronic back pain. Not to mention the aesthetic look of being 20 years older, and who wants that?

We could blame the modern age of computers and desk jobs, long commutes, and the constant use of mobile devices. Over packed and heavy backpacks, hand bags and briefcases also play a role, and there is always the, "I have always been this way" excuse. Sure, there are plenty of reasons to justify slouching, but there are just as many



BDI Trainers use the Pilates Barrel to help improve alignment and posture.

ways to improve it. Google it, get examples! Try using more ergonomic chairs and computer products in your office, wear more supportive shoes when standing, or try a new pillow for your bed; there are thousands of products to buy, but in the end all this will be useless unless you get to the root of the problem. At Body Dynamics, we strive to do just that by creating a specific Pilates program tailored to meet your unique posture needs.

Pilates and Posture

Joseph Pilates, the founder of Pilates, who lived from 1880 to 1967, created his own philosophy about physical fitness and posture, which amazingly is in close agreement with several modern principles of exercise medicine. He emphasized that a healthy body is the prerequisite for a happy life. His first guiding principle of whole body health is to develop a balanced body, mind and spirit through exercise, good hygiene, good nutrition, and a balance between work, play and rest.

Practicing Pilates emphasizes core strength and control, which naturally improves posture over time. A full body Pilates workout will tone muscles from head to toe, and with strong abdominal, back, shoulder and leg muscles, it is easy to sit and stand up straight for long periods of time. At BDI, we address posture with an individualized and integrated approach to body awareness, core control, strength, flexibility, coordination, balance, and endurance. Pilates at BDI is a collective experience of working with Polestar or Stott Pilates certified physical therapists, fitness trainers and movement educators. Each staff member has participated in a rigorous on-site BDI apprenticeship or residency program and is dedicated to clinical excellence, professional development, and clinical research in each of their respective fields. Our private Pilates sessions and group classes integrate the expertise of Physical Therapy with the proficiency of Pilates evolved fitness programs designed to maximize your potential and exceed your expectations.

Private Pilates sessions begin with a thorough BDI Fitness assessment performed by a Physical Therapist or Certified Athletic Trainer. After assessing your posture and alignment, flexibility, strength, endurance, and health risk factors, we will provide you with an individualized program to specifically meet your personal fitness and posture goals. Our professionals are able to assess and design custom Pilates programs for clients of all ages and skill levels. Using movement analysis and modifications, we are able to tailor specific exercises for low to moderate risk clients, post-rehabilitation clients, as well as dancers and athletes of all sports.

Our Pilates group classes are also designed for clients of all abilities. We offer introduction through advanced hour long classes that can be taken alone or in addition to private training sessions. Just ask your therapist or trainer what class they recommend specifically for you. Our instructors make up a community of progressive professionals who are dedicated to pursuing continuing education in fitness, motor learning and movement education. Together, your BDI Pilates team works to provide a solid infrastructure for your training.

So now how do you see yourself? Do you feel more upright, or are you still slouching? If you are fighting through a slump, let us show you the difference Pilates can make on your posture.

Safe Summer Travel Tips

Are you planning a summer getaway this season? During this time of year there is nothing better than a holiday away at the beach, but aches and soreness from traveling can put a kink in your relaxing vacation. This summer, enjoy your trip without the pain! Follow these simple tips and tricks for preventing travel soreness.

Your body will thank you!

- Schedule time for rest stops, and get out of the car and stretch every 1-2 hours.
- Switch drivers as often as possible.
- If flying, book an aisle seat so you can easily get up, move around and stretch.
- Keep bulky items like your keys, wallet and cell phone out of your pockets.
- Lift heavy luggage carefully and in stages, and don't be afraid to ask for help with particularly large or awkward items.
- Sit on a tush-cush, pillow, or rolled up towel for low back support and extra comfort.
- Stay hydrated!