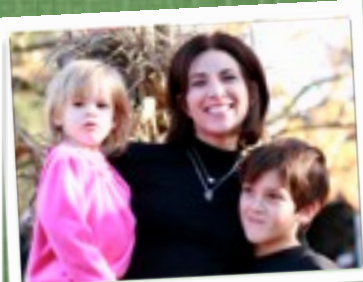


Pilates Body



Philip. 4:6
Do not be anxious about anything, but in everything, by prayer and petition, with Thanksgiving, present your requests to God

In all times, Be Thankful.....

Happy Thanksgiving! Although, it does seem like JUST YESTERDAY was last years Thanksgiving, I welcome this years with open arms. I know sometimes it's hard to see the thankfulness between hard times, busy schedules, getting sick, and trying to balance EVERYTHING! But you have to! It is important to slow down- go against the fast paced life, and VALUE YOUR LIFE. No one else will do it for you.



Instead of thinking you DON'T HAVE time, you need to think I HAVE TIME. What

would happen if you closed up shop early and spent time with people you love, or miss? Instead of thinking you don't have the freedom to get together

with friends, what if you made it a POINT to get together with friends.

This time of year can also brings on a level of anxiety or sadness for verity of reasons. It's at those times we need to think of others and be thankful for the people in your life. You can ask for help! If you feel there is no help around, maybe hire a teenager who might be looking for extra work. And if you should ask someone and they say no, move on to someone else!

Lastly, I would like to send out my THANK YOUS to ALL OF YOU!!! for caring so much for my family during this past month. I've always thought that really, Fall is the "new year". Seeing everything dying in front of you sends out a hope for new beginnings. Letting go of the past,

moving forward to make a conscious decision to make changes and move towards the future. Enjoy the Holidays take the time off go agains what the

Neutral Pelvis

Home Position

*Finger tips at the hip bone and connected.
You should be able to place a cup in the flat
space between hips and pubic bone.*

world is telling you-

Every newsletter will now have a fundamental with definition, please read and understand them. Be mindful while doing Pilates.

...a stronger corea stronger You

The cup is half FULL

If you tend to find yourself, saying my cup is half empty, does the weight of the world feel heavy? Guess what !? Your cup isn't half empty it's half full, at least that's the way we should see it in order to have a happy heart and mindset. Here are some GREAT ideas to adopt and make your own. Turn your back on chaos and embrace the little moments.

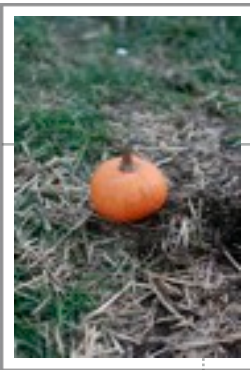
Find your strength: Pay attention to compliments and make them into your assets. Get comfortable about your strengths and use them to gain confidence.

A Hobby: Tap into your creativity and do it in your down time. Instead of sitting and just watching TV change up your routine; do something creative you enjoy.

Simplify you Life: Money DOES NOT bring you happiness nor does material things. Turn your focus on time with family or friends just in your home having a nice talk over coffee or tea.

Decide and MOVE ON: Narrow down your choices and don't look back. Tell yourself you are going to make a YES NO decision and stick to it.

Not Everyone likes you: You can't make everyone happy and you can't make everyone like you. Accept that and move on. It's not worth your time or heart to worry over someone thoughts about you. If it does get to you, think of something someone else has said to you that was nice and fulfilling.



When to Skip a workout

Sniffles: Take down the intensity, you have less energy, but YES you can workout. Take it slower and don't over do it.

Congested and ACHY: TAKE THE DAY OFF. Your body is working already, so help it out.

Worst Camps: GET IN! You HAVE to work out. It will help blood flow and will ease pain.

Exhausted: Rest up. Working out will only help the stress hormones come on and immune system will go down.

Friendships are Important: They bring us excitement, happiness, releases stress, and make us accountable. Set time to spend time with your friends and they will do the same for you.

Look for the good: Keep your focus on the good and beauty of the world around you. Stop and smell the roses, say three things positive when you first wake-up and begin to see the glass half full. Be grateful and Thankful.

Positive Self-Talk: You're good enough, you're smart enough and by golly, people like YOU! Don't dwell over your mistakes, correct them and keep going, if you are still steaming over it, do something active to burn off steam.

Say what you mean: You can't say your family is most important and then stay at the office for 14 hr days. It isn't your bosses that will miss you the most when you are gone-

Get Moving: Yes, your schedule may be tight, but so are those muscles. Take care of them- spend time stretching or working out. You only have ONE BODY and it's you living in it at 70.



7 ways to ease anxiety

Regular Work Outs: All of the feel-good endorphins come flooding out when you start moving. Get in at least Three workouts a week.

Breath: Use that Pilates breath. Take your breath slow, filling up the lungs and exercising the back. On the exhale lift that pelvic floor and release tension in the shoulders. I'm positive in 5 minute time your stress and anxiety should be down if not gone.

Cut back on the caffeine: Caffeine stimulates your nervous system, too much can make you feel restless and jittery. Instead of that afternoon refill go for some Emergen- C or a cup of green tea. Green tea has an amino acid that has a calming effect on the brain.



Get ready for your party dress

The FAB 5 ABS:

100's

Single Leg Stretch

Double Leg Stretch

Criss Cross

Single Straight leg Stretch

Small weights

Little circles up and down

Pilates bicep curls

Full Body:

Swimming

Legs:

Magic Ring:

Inner thigh squeezes

Little circles

Be ready to RECEIVE

Complements

Cut back on Alcohol: It may unwind you to start, but too much will stimulate the release of a stress hormone. Limit to One a Day.

Write the JOYS down: Write down moments that make you happy and re-read them when you are down.

Schedule Fret time: Give yourself 20 to 30 min at the end of the day to give in to your worry..maybe by then you will have forgotten about it.

Stop Worry triggers: Make an effort to figure out what upsets you the most then decided to let it go. Give it to God, because he has the time to help us deal with it.