



# THE PILATES BODY



“Christmas is a necessity. There has to be at least one day of the year to remind us that we’re here for something else besides ourselves.” Author N/A

## ‘Tis the Season....

WOW! What a year 2011 has been. No way back in January did I never think I would be in a new home, new school for Noah, and a new studio location. Finally ending the year, we are all feeling settled. I hope everyone is comfortable in the new space.

New classes, workshops, new packages are in the works for 2012. If you are on **Facebook**, please like YOUR Pilates Body studio. Get the word out.

Also, at the start of the year, I will be on my way to earning my Nutrition Certification. I know this will be a nice

complement to our studio. Pilates is about looking at all area’s of life, and nutrition is 70% of having a healthy lifestyle.

The studio will be closed Dec. 19- Jan. 2, 2012. Enjoy this time off and be ready to come back in to work on new goals!

### Skinny Warm Drinks

**Hot Chocolate:** Skip whip and ask for nonfat milk. A hot mix of 1tbsp unsweetened cocoa powder and 3 packets artificial sweetener into 1 cup nonfat milk. (under 100 cal)



**Chai soy latte:** Steep a chai tea bag in hot water, stir in 1 tsp of honey and 2 tsp light soy milk. (30 cal)

### Spiced apple

**cider:** Simmer 1 quart apple cider with orange zest, whole cloves and cinnamon sticks in a large pot for 5 min. (140 cal per cup)



**Caramel macchiato:** sugar free syrup and nonfat milk, keep caramel drizzle (120 Cal)

## Bridging

While doing this fundamental, One should feel and find the relationship between abdominals connection and spinal sequencing and mobility.

# Guiltless Turkey Nachos

**This is ONE of my family's favorite yummy-** Enjoy

- 3 large whole wheat tortillas
- 2 cups canned pinto beans, rinsed and drained
- non stick cooking spray
- 10 ounces lean ground turkey
- 2 tsp taco seasoning
- 1/2 cup crushed tomatoes
- 1/3 cup Mexican shredded cheese blend 2%fat
- 1/4 cup diced canned jalapeno chili peppers
- 1/4 cup chopped scallions
- 2tbs chopped fresh cilantro

Pre-heat oven to 375 degrees

Cut each tortilla into 16 chip size pieces. spread the pieces on a baking sheet and cook for 10 min or until crisp.

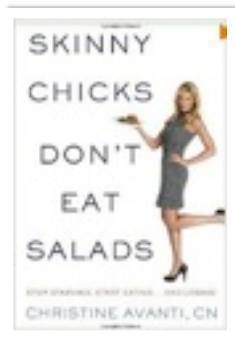
Transfer the chips to an ovenproof serving dish and spread the beans evenly on top.

In a skillet coated with cooking spray, cook the turkey with taco seasoning over med heat.

When turkey is slightly pink add the tomatoes and reduce heat to simmer- for 5 min. liquid should cook off

Spread turkey over the beans and chips. Sprinkle the remaining ingredients in the order listed.

Bake for 5 min or until the cheese has melted.



## WHAT'S UP WITH AFTER WORKOUT SORENESS?

Whenever you change up your workout routine, (like we do every six weeks) your body get a nice wake-up call. If you do any type of increase of reps or springs, you begin to make your muscles work harder. This in turn causes little microscopic tearing of the muscles fibers (DOMS) . It is nothing to be alarmed about. As the muscle fibers heal they are becoming stronger.

The best thing to do when DOMS comes on is to keep working out. Yes, the next day! do a low-intensity workout that requires full range of motion for the achiest part with some stretching at the end. This will help keep blood flow to the muscles, so that you don't feels as stiff...hey, if it doesn't kill ya, it will only make you stronger! ....Teaser anyone?

## 15 minutes....

Grab you Big Ball... don't have one? Get a non professional one at Target. Big balls are get have at your house to sit on while at the home computer or of course, to do a great couple of exercises. Do 2 sets of 10, before heading out the door-

- 1) **Bridging:** Laying on the floor with heels of feet on top of the ball. Do 2 sets of 10 reps of Bridging. Take it to the next level, while up in bridge, extend your leg out and roll the ball back in.
- 2) **Back lifts:** Feet against The wall, front of torso over the ball. Hands behind head. Torso down and relaxed, lift the torso up then take it back down.

- 3) **Donkey Kicks:** Front of torso over the ball, walk your hands out on the floor. (you are on your hands) legs are up off the floor. Squeeze your legs together and kick them up to the ceiling.
- 4) **Abs:** Feet on the floor, back of torso on the top of ball. Hands behind head, curl your torso up (ab curl) as you take your pubic bone to your bellybutton (a pelvis tilt)
- 5) **Oblique abs:** Stay as ab curl, hands behind the head. As you curl take right elbow to left side of body. Do the other side.

**Always use your Pilates breath and connection in Everything you do!**