

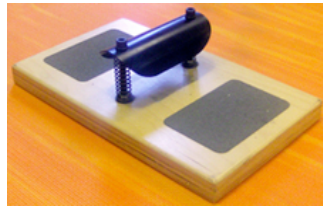


Visit Pilates-Pro.com, the best source of news and information for the professional Pilates community.

- JOBS
- WORKSHOPS
- COMMUNITY
- DIRECTORY
- MARKETPLACE
- DOWNLOADS

IN THE SPOTLIGHT

Working With the Pilates Foot Corrector



Winter boot season is almost over, so it's time to break those feet out and move 'em around. A great way to do that is with the Pilates Foot Corrector, a small apparatus designed by none other than Joe Pilates, that's used far less frequently than its larger counterparts. In **How to Work With the Pilates Foot Corrector**,

instructor Dianne Wise schools us in the fundamentals, with detailed instructions for set-up and body alignment, a mini biomechanics review, and four go-to exercises. The Foot Corrector, she points out, is the only Pilates apparatus piece that works the feet in a weight-bearing, and therefore functional, position.

Pilates-Pro.com celebrated a new milestone this past month: we passed the 1,000-follower mark on **our Facebook page** ! If you haven't already, join us by becoming a fan for frequent updates on articles, jobs, and all things Pilates-related. We also want to extend huge thanks to Debra Goodman and Amanda Martin, who just wrapped up last month's live Q&A post, **Pilates On Call: Working With Pregnant and Postpartum Clients**. We learned a lot from them and hope you did, too. The post is one heck of a handy reference guide. We'll be busy over here this spring, bringing you more in-depth Pilates content, and we hope your plates are joyfully full, too.

**Peace and health,
The Pilates-Pro.com team**

Advertisement

RECENT ARTICLES

A Pilates Program for Olympic Skiers >

Longtime instructor Margy Verba reveals the challenges of putting together a program for Olympic-bound U.S. skiers. Read about her strategy for turning them on to the subtleties of Pilates.

Workout Dresses to Boost Your Studio Style>

The latest workout-wear trend could very well be the most sensible item in your spring wardrobe. Discover why and see four of our top picks.

PhysicalMind Institute Restructures, Preps for New Direction>

PhysicalMind founder Joan Breibart sees the Pilates clientele of the future and is making changes to accommodate them. Find out what's in store for the PMI brand.

Pilates Marriages: Couples Who Say 'I Do' to Running a Studio Together >

We found three couples happy to share the ins and outs of life in the studio together. Learn what keeps these Pilates partnerships ticking.

Pilates Pro Newsfeed >

In this edition of our Pilates news roundup: How Pilates changed a multiple sclerosis patient's life, two new "-ates" hybrids, and a swim champ who's trading in her high-tech "super" suit for some serious core work.

Post a Job Opening on Pilates-Pro.com

Looking for quality Pilates instructors, office managers or salespeople to

advertisement



ADVERTISE WITH US

FORWARD TO A FRIEND

Looking for quality Pilates instructors, office managers or salespeople to develop your studio or enhance your business? Use the **Pilates-Pro.com Job Board** to reach thousands of readers and fulfill your staffing needs.

To submit a job, **use this form**. Listings cost \$75 and remain live until job search has been satisfied, up to 6 months. We'll also spread the word about your opening throughout our active Facebook, Twitter and LinkedIn communities.

FROM THE COMMUNITY

MALE CLIENTS AND THE PELVIC FLOOR

Cueing pelvic floor muscle engagement for men is tough, especially for female instructors. Does anyone have advice for helping men find and use their pelvic floor muscles in Pilates work? Do you have any cues or helpful images that you can recommend? We're wondering how different instructors handle this often tricky scenario.

Join the discussion >

Start your own discussion! >

TEACHING TIPS

BACK TO BASICS: THE KEGEL CONNECTION

Having trouble getting your clients to engage their deep core muscles? Cue them to engage the pelvic floor, or perform a Kegel, as they exhale. Not only do the pelvic floor muscles control the sphincters, they are neurologically hardwired to the transversus abdominis. So when you Kegel, you automatically fire the transversus abdominis and engage the deepest layer of the abdominal muscles, stabilizing the core. Kegels are also very effective in reducing low back strain during challenging abdominal exercises like Teaser, Bicycle, Criss-Cross and Scissors. Not sure how to cue a Kegel effectively? It's the same sensation of stopping your flow of urine midstream. Place your hands on your abdomen, begin a slow exhalation and then slowly and consistently Kegel. As you continue to exhale, feel your abdominals zip in towards the spine and upwards towards the diaphragm. Make sure that you're performing the Kegel on exhalation so that you reduce the pressure on the diaphragm and lungs.

*Kim Gibilisco is a Pilates Method Alliance Gold Certified Instructor, a part-time lecturer at Rutgers University's Mason Gross School of the Arts, and artistic director of **Kim Gibilisco Dances**.*

PILATES-PRO.com QUICK LINKS

JOBS Find a Pilates job >	WORKSHOPS Search by month >	MARKETPLACE Buy, sell, trade >
-------------------------------------	---------------------------------------	--

To insure delivery of this service, please add **info@pilates-pro.com** to your e-mail address book.

To unsubscribe, simply **click here**. To forward to a friend, **use this link**.

Would you like to subscribe to this newsletter? **Sign up here**.

If you want to advertise in this newsletter, please contact **advertising@pilates-pro.com** or **click here** for more information.

You are receiving this email from:
Pilates-Pro.com
info@pilates-pro.com
11 Martine Ave., 8th Floor
White Plains, NY 10606
© 2010
Pilates-Pro.com is an **APOGEE Wellness** Company