



## Colleen's Corner

Hi. . The holidays are upon us. Parties, comfort foods in abundant availability, as well as the full spectrum of emotions can make this an especially challenging time to hold steady to our fitness pursuits.

But it doesn't end here. After New Years comes Valentine's, Easter (double chocolate whammy) and tax day. There are always lots of potential distractions from our current course.

To help us make it through these special times I have a few suggestions that have worked for me. I'd also like to ask you to share what has worked for you so I can pass it along to everyone.

First, let go of the ideal 'all or nothing' mind set. It guarantees failure. Second, commit to continuing your workouts in what ever capacity you are able. For example, if you typically run on the treadmill four days a week, and do Pilates twice, but relatives come into town and you miss a workout, two appointments have to be made up because of a snow day and you miss another, etc. Commit to some form of cardio on your regular days even if it has to be much shorter than 'ideal'. Put on Music and dance with your kids in the livingroom for 15 minutes. Run/walk your dog.

Keep to the good habit you've formed. It's much easier than starting all over again 2 months later feeling demoralized.

## Current Events

The Pilates Holiday Package is in! Through the end of December, gift certificates may be purchased at the front desk for \$180 3-Pack Private Pilates, and can be redeemed at either the Wayne or Short Hills CAN DO.

This is a great way to share your love of Pilates, and a wonderful gift to receive.

On a different, sadder note, our friend and much loved instructor Maureen Brady is in need of our donations to help offset the overwhelming cost of her cancer treatment. Wayne's Debbie Barenfeld just held a fundraiser class and brought in over \$200. Anything helps. Checks can be made to Maureen and left in the care of a CAN DO manager. Thanks for all you've done and CAN DO.

## Wanted: Sessions, Duets, Trios

This section is devoted to available private sessions, as well as people looking for partners in duets and trios

As of this writing, the following time slots are available with me on a standing basis:

### **Short Hills**

Tuesday, 11:30am, 12:30

Wednesday, 12:30, 1:30pm

Friday, 7:30am, 1pm, 2pm

### **Wayne**

Thursday, 12 noon, 1pm, 2pm, 7:45pm

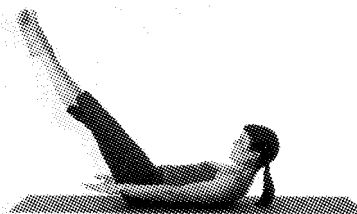
### **Short Hills Duets wanted:**

Natalie (weekends, beginner/intermediate level)

Jennifer (weekdays, intermediate)

## Move(s) of the Month: Beginner Mat Sequence

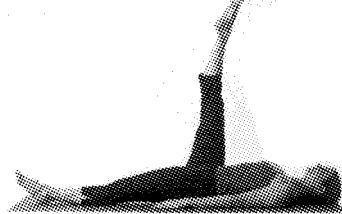
If you should find you've missed one or many Pilates sessions due to conflicts with holidays, vacation, etc, you can keep up much of your Powerhouse by committing to these basic 10 exercises: **the One Hundred, Roll Up, Single Leg Circles, Rolling Like a Ball, Single Leg Stretch, Double Leg Stretch, Single Straight Leg, Double Straight Leg, Criss Cross, and Spine Stretch Forward**, in that order. You should be through it in less than 10 minutes, feeling great.



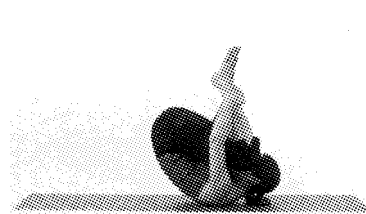
1 The Hundred



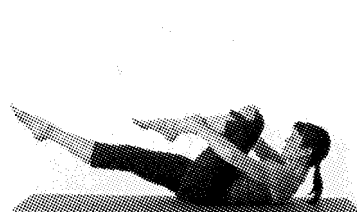
2 Roll Up



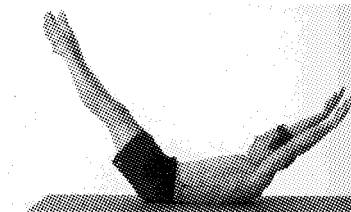
3 Single Leg Circles



4 Rolling Like a Ball



5 Single Leg Stretch



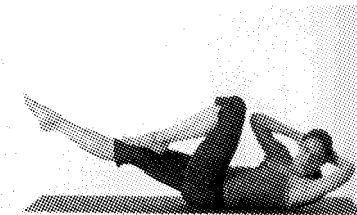
6 Double Leg Stretch



7 Single Straight Leg Stretch



8 Double Straight Leg Stretch



9 Criss-Cross



10 Spine Stretch Forward

### Contacts and Credits:

To include yourself on my email list, or if you have questions or comments, write me at : [fitcalm@yahoo.com](mailto:fitcalm@yahoo.com)

To install Adobe Acrobat, go to: <http://www.adobe.com/products/acrobat/readstep2.html>

Good Mat Pilates book: [The Pilates Body](#) by Brooke Siler, Broadway Books

Authentic Pilates website: <http://www.pilates-studio.com>

Video or DVD of Authentic Pilates, reformer and mat : <http://www.classicalpilates.net>

Colleen Wenrich, RN, has been teaching wellness & fitness for over 20 years and is Certified Authentic Pilates, ACSM, AFAA, ACE and BCIA.