



NOTES FROM LISA

Stephen and I are proud to announce Stella Pearl Shepard's arrival on May 19th.

She came into this world at 6 lbs. 4 oz. and 18.5" long. We are in awe of her every gesture, cry and poop. We look forward to getting to know her during our summertime adventures.

I hope your own summer adventures are as exciting as ours will be. Get out, smell the fresh cut grass, and enjoy the sunshine and warmth on your skin.

Lisa

PARTY WITH US!

In-home Parties...
They're on us! No Charge!

Tupperware no more – sign up for a complimentary Solo Fitness Party:

Host an in-home fitness session with 5 of your friends –

Your 45 minute party menu includes– choose from:

Core and Floor: (focusing on the internal, hard to reach abdominals and back muscles to help tone and tighten your midsection)

Lean and Long: (this stretch session will consist of lengthening all those tight and knotted muscles while promoting supple muscles and a fabulous posture)

Sexy and Strong (using your feminine mystique in creating firm yet sexy arms, thighs and butt)

Yoga & Pilates

What's the Difference?

By *Abra Nowitz*

During the decade of the 1980s, exercise classes usually consisted of leotard-clad bodies dancing around studios, the focus mostly to get the heart rate up and keep it there. And while aerobics, step class and spin class still operate under that principle (and, that is the objective of aerobics, after all...), it's impossible not to notice that the trend in exercise has broadened considerably, making room for more calm, controlled movements with a strong emphasis on



breathing technique. Pilates and yoga are the soft-spoken cousins within the fitness world who, despite their seemingly sedentary appearance, offer a challenging and effective workout.

The roots of yoga are very old, dating back to 1500 BC and it was first classified as, "a physical action as part of a discipline or practice". In fact, the word yoga means 'yoking' or 'discipline' and the goal of yoga is the formation of a union between the body and soul. Postures, meditation and breathing

exercises are the primary components of yoga. There are well over a dozen different styles of yoga and the differences between each style depend on which aspect of the discipline is emphasized. In some cases, maintaining posture is the primary focus, while other disciplines demand strict alignment and yet others aim towards maintaining coordination between breath and movement.

Yoga's calculated and careful movement force students to focus primarily physical movements and breath, the body is forced to relax and the mind follows. The most immediate and apparent results from yoga are increased energy and concentration, not to mention a decreased stress level and physical agility. However, participants also tend to feel more relaxed in their life, even after they leave the yoga studio. The stress of our

complex lives, our fatigue, and anxiety lessen thanks to the practice of yoga, and leads to more rested nights, a better functioning respiratory system and a higher level of efficiency in the musculoskeletal system and more efficient bodily functions. Yoga is a very gentle exercise and is appropriate for nearly everyone, however, if you have had a serious injury or any orthopedic challenges, you should consult a doctor before practicing yoga and make the teacher aware of your situation before beginning.

Pilates, on the other hand, is much more recently developed exercise system. Over 80 years ago, Joseph Pilates, a trained acrobat, created a work out for dancers and other performers. Like yoga, the objective of Pilates is to coordinate the mind and body to develop stronger abdominal muscles,

Yoga... Pilates

strengthen the body, establish control and increase flexibility. There are two types of exercises in Pilates-- those that use only a simple floor mat and others that require specialized equipment that require that the participant resist against springs. There are four different Pilates apparatus including, the reformer, the Cadillac (or tower/table), the chair, and the barrel. Pilates teaches low intensity workouts with fewer repetitions and focus is on isolating muscle groups and developing core strength.

Benefits of Pilates are numerous and results are quickly attained. Joseph Pilates himself said, "You will feel better in 10 sessions, look better in 20 sessions and have a completely new body in 30 sessions." But, beyond just having a different body, the exercises increase strength, energy and flexibility. Also, they help reduce the risk of injury and orthopedic problems, enhanced alignment, coordination and balance. Finally, a Pilates workout, over time, will improved core strength for pain free movement.

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The low-impact of both yoga and pilates offer obvious advantages over more strenuous and active fitness regimes and all exercises can be modified to accommodate people of different age and body types, and abilities. However, as when you begin any new exercise routine, you should always consult your physician or your Solo Fitness trainer with any concerns or questions before you start and make sure that you are working at your ability.

Training the Trainers

This Spring we were delighted to have Hank Wasiak, Solo Fitness client and Reiki Master, give an informative and fascinating workshop on the hands-on therapy call Reiki.



Reiki also enable us to tap into our "life force energy" to improve our health and quality of life. The Japanese words rei and ki together mean "divinely guided life force energy" and are used to describe this particular technique and therapy. According to Hank, "Reiki is my avocation and way to relax and cope with my demanding travel schedule and lifestyle."

Reiki facilitates deep levels of relaxation, stress relief, energy renewal and healing. Hank practices Reiki at the Ronald McDonald House, and the strength, courage and faith of the children and their families inspires and empowers his being. To learn more about Reiki or to try a session for yourself, please give us call, and we'll set you up.



Anne



Kathy



Fran



Ingrid



Sara



Shirleyann

Trainer Tidbits

Anne Lilly recently completed the National Academy of Sports Medicine (NASM) certification for personal trainers. This July she will attend the 'IDEA' Sports Conference in San Diego where she plans to become a spinning instructor. You may also see Anne whizzing through the streets of the City on her bicycle this summer as the captain of the Wheeling Divashes! Anne is also a Reiki practitioner.

Kathy Cole is a certified Gyrotonics Instructor. Juliu Horvath developed his Gyrotonics system in the late 1980s at the White Cloud Studio in NYC. He based his system upon yoga, ballet, swimming, dance, tai chi and gymnastics. This fluid system of exercises is executed on the apparatus Horvath designed. Increased range of motion, cardiovascular and aerobic stimulation, neuromuscular rejuvenation, improved balance and better coordination are among the benefits of Horvath's unique exercise. Kathy will be continuing her education this summer in the Gyrotonic Ladder teacher training certification program.

Fran Milde is the proud mother of 2 daughters: Nori (8 months) and Kobi (2 yrs.) and has lost over 30 lbs. since her last pregnancy.

Ingrid Griffith The first few months of 2004 have been adventuresome for Ingrid. She traveled to Budapest, Hungary for a week in January. "The architecture was majestic and expansive, the city a mix of old world and new", she says. In February, Ingrid flew to her native Guyana where she appeared on television as co-host of the Miss Mashramani International Beauty Pageant held during Carnival season. Upon her return Ingrid starred in an off-Broadway black-comedy in Brooklyn which she will restage herself this summer.

Sara Phillips has recently received her certification in Pre and post natal exercise. She is also planning on becoming certified in the Alexander Technique this year.

Shirleyann Kaladjian has recently received her certification in Older Adult Fitness from the American Institute of Fitness Educators (AIFE).

Solo Fitness® Inc.

Staff:

Lisa Hoffman, MA
President

CERTIFIED PERSONAL TRAINERS:

Selena Cantor
Kathy Cole
Ingrid Griffith
Shirleyann Kaladjian
Susan Levitt
Anne Lilly
Sara Phillips
Jill Wais
Christine Zimbelmann

CERTIFIED YOGA INSTRUCTORS:

Anna Agostino
Kelly Krumenacker

CERTIFIED PILATES INSTRUCTOR:

Phoebe Miller

SOLO FITNESS, INC.

P.O. Box 1526
Madison Square Station
New York, NY 10010

212-505-5747
718-369-SOLO (NEW)

www.solofitness.com



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