



FINE LIVING NETWORK

## Pilates 101

Invented by a German named Joseph Pilates at the start of the 20th century, the exercise regimen known as Pilates has become enormously popular over the past few years. It's nearly impossible to go to a health center or gym without seeing sign-up sheets for pilates classes or hearing people tout the many benefits of the method. So what are the basic ideas behind pilates, and how is it practiced?

At the age of 15, Kansas Patricia Sue Garland received a Ford Foundation Scholarship to the San Francisco Ballet. Following several major productions with the company, she went on to a successful career on Broadway, eventually creating the role of Judy Turner in the original cast of the Tony-award winning A Chorus Line. After moving to Los Angeles, Garland acted in countless films and television programs, but it was when she tore her ACL and shredded the ligaments in her left knee that her current career began. Recovering from surgery, Garland became fascinated in a fitness regimen called pilates, and began to study under Romana Kryzanowska, master teacher and disciple of Joseph Pilates. Today Garland is a certified professional pilates trainer and owner of Trish Garland Pilates Studio in Sherman Oaks, Calif. Here she fills us in on the basics of pilates:



### Three words

According to Garland, the three most important words in pilates are stretch, strength and control.

### The powerhouse

Joseph Pilates believed in something called the "powerhouse," which is located four inches below the ribs and above the hips, and serves as the core or center of the body.

### The reformer

The main piece of exercise equipment used in pilates is the reformer, a sort of sliding platform on springs. A lot of the time you will be lying on your back to support the spine, but instructors can add other pieces to the equipment so that you are on your knees or in other positions. The springs of the reformer, says Garland, help you find the correct body position more easily than you would on just a mat.

### The mat

According to Garland, when you do pilates on the mat, you are articulating your spine so that you can gain flexibility, strengthen your core and improve your daily life.

For more information about pilates, check out Trish Garland Pilates:

### **GARLAND STUDIO**

13803 Ventura Boulevard, Sherman Oaks, California 91423

818.385.0012

[www.trishgarlandpilates.com](http://www.trishgarlandpilates.com)

### **TRUE PILATES NEW YORK**

[www.truepilatesny.com](http://www.truepilatesny.com)

[info@truepilatesny.com](mailto:info@truepilatesny.com)

212.757.0724