



Take It Personally.....

A Health & Fitness Newsletter from Tina Sarkey

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Why go to a Pilates trainer?

What it takes to achieve results . . . safely

As a personal Pilates trainer in the process of building her business, you might think that my evangelizing about Pilates has undertones of a sales pitch. But I can assure you that I have been excited about this fitness method for more than a decade, long before I took the professional certification training and marketed myself as a personal Pilates trainer. Part of my enthusiasm comes from the personal transformation that I have experienced through my regular practice of Pilates: elimination of chronic back, hip and shoulder pain (from 15 years as a massage therapist), improved agility, balance, coordination, great posture, and strength beyond what I had ever achieved with weight training.

In 1994 I purchased a home-model "Reformer," one of the pieces of equipment that you traditionally find in a Pilates studio. There were no Pilates trainers in the area back then, and the nearest teacher training facilities were in New York City, Chicago, and Santa Fe. I figured that I was "body aware" from my years of weight training and working

as a fitness professional, and I thought I could figure out on my own what they were trying to convey in the videos and books on Pilates that I ordered. I quickly fell in love with the choreography of the graceful movement sequences and experienced an increase in flexibility, coordination and balance almost

immediately. I used some Pilates movements in my personal training practice that at that time mostly focused on weight training.

Yet it was not until I began the training at the Stott Pilates educational facility that opened a couple years ago in southeast Michigan that I really "got it." Looking back, I'd only had about 80% of the method down, and the private

training gave me the 20% that I needed to completely transform my body.

Pilates builds strength from the inside out and it takes expert guidance for the system to really work. It can be dangerous if you don't know what you are doing (as noted in *The Wall Street Journal* article, "**Is Your Pilates Instructor a Health Hazard?**").

Unfortunately, most of the fitness videos and books on Pilates, and even Pilates classes that are often taught by teachers with just a weekend seminar under their belt cannot teach you how to effectively

The Pilates Promise:

"The attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure."

Joseph Pilates
1890-1967

isolate those deep, small muscles that stabilize the core of the body. Only under supervision of a skilled trainer with a keen visual eye and knowledge of anatomy, kinesiology and movement patterns can you really experience the benefits that founder Joseph Pilates promised.

I would love to be able to work with each and every one of you on the professional Pilates equipment in my studio, to help you really “get it” and have the full Pilates experience. But I also know that many of you cannot afford the money or time to work with a

trainer long term. Yet you should know that many of the basic principles of Pilates can be taught in a few visits. I can show you how to maximize your home video workout or add to what your Pilates class instructor at your health club is teaching you. Doing it right really matters.

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This pyramid isn't a mystery in Egypt!



It can be tempting to think that some hidden secret that will help you translate your food intake and physical activity into weight loss or a healthy lifestyle. But the best way to control your weight, while maximizing good health, is to track your “calories in vs calories out” using a tool like the Food Pyramid. One of the best sites to help you do that is the USDA’s *My Pyramid Tracker*.

<http://www.mypyramidtracker.gov/> (note: you will need to register to gain free access)

“*My Pyramid Tracker* is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. My Pyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.”

Please send me links to your favorite websites so that I can share them with others in future issues. E-mail me at trancedancer@sbcglobal.net

QUOTE OF THE MONTH

Overheard at Equilibrium Pilates Studio in Bloomfield Hills:

“Under every excuse is a BIG FAT LIE!”

RECIPE OF THE MONTH

Healthy Caesar Salad



This is the most nutritious (and delicious) salad recipe known to man (or woman). A healthy clone of the Caesar salad, it replaces the parmesan cheese with the healthier monosaturated fat of olive oil and the omega-3 fatty acids of walnuts; plus lemon juice (rich in vitamin-C), garlic (healthy for your heart), greens (good source for folic acid) and nutritional yeast (the most potent food source of B-complex vitamins and chromium picolinate). Foods For Living

Grocery located at Grand River Avenue and Park Lake Road carries nutritional yeast in the bulk section. Look for a rich yellow, flaky powder.

If you have any nutritional yeast left over, sprinkle some on popcorn along with a little olive oil and salt. It's also great mixed into vegetable juice such as V-8 for a post-workout snack. Add some to foods such as soup or baked goods to boost overall nutritional levels. More good news is that nutritional yeast is not a type of live yeast like that used in baking, so those with yeast sensitivities and *candida* should not have a problem.

Mock Caesar Salad

Place into a chilled bowl: 4 cups of good dark green lettuce (romaine, arugula, baby mixed greens, herb mix, etc.) torn into bite-size pieces.

Dressing

Blend the following (use a blender or chop the garlic fine and mix by hand) and pour over the salad greens, tossing lightly.

2 cloves garlic

¼ cup olive oil

¼ cup lemon juice

2 tablespoons soy sauce

¼ to 1/2 cup walnuts

2 tablespoons water (optional, use only if dressing is too thick)

¼ cup nutritional yeast

Feel free to share this newsletter with anyone who might benefit

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Don't hesitate to call me to discuss how I might help you achieve your fitness, pain management, or post-rehabilitation goals. I am also practicing massage therapy again, for women only.

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