

JCC Pilates Newsletter

February 2010

Heart Healthy Mind-Body Exercise



Instructor:
Debbie Honeycutt

Specializations

Gerontology

Special Populations

Aquatic Training

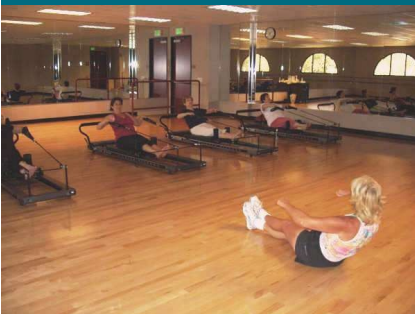
Strength Training

Balance

Coordination

Pilates Reformer

You have heard about the many physical benefits of Pilates training including: **longer, leaner muscles, core strength and stability, and improved balance & coordination**, but did you know that Pilates training **improves heart, lung, and mental health** as well? According to Chris Iliades, MD, "Pilates breathing exercises can increase your lung capacity and, although you don't have to break a sweat, you can increase the aerobic part of your exercises to get your heart working harder and improve the flow of oxygen in your blood...Because Pilates stresses concentration and focused breathing, it also heightens the mind-body connection, which can help relieve stress and anxiety." In honor of Heart Healthy Month, be sure to take advantage of your complimentary Pilates Reformer Orientation so you can enjoy all the benefits of Pilates Training.



Debbie's Philosophy:

I promote exercise as recreation-recreating the body through activity. I present life-extending opportunities through aerobics, aquatics, Gentle Pilates, strength training, and stress management. These assist in improving quality of living by maintaining vitality and continual independence. Empowerment results from regaining control of health and self-esteem. Rejuvenation and a sense of well-being usually occur. This will positively affect longevity.

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