

# Michelle Unger

## CERTIFIED PILATES INSTRUCTOR



### **Instructor Education/Certifications:**

MS, PT Washington University in St. Louis, Program in Physical Therapy

Polestar Pilates Program

American Bone Health Volunteer

### **Instructor Specialization:**

I've specialized in working with adults and older adults post-surgical, post-neurological events, for correction of musculoskeletal imbalances, and for improvement of balance. I'm a lifelong runner who has completed 8 marathons and I also enjoy working with runners.

### **Instructor Philosophy:**

From my perspective, Pilates has three principles that I think of as the "ABC's": Alignment and Articulation, Breathing, and Core Control. Performing a Pilates program with emphasis on the ABC's will bring improvements in your health whether your goal is to continue living at home independently, or competing in an Ironman Triathlon!

