



By Ashley Miles



Pilates for a Cause

Making a Difference in the Lives of Breast Cancer Survivors

During 2007, 178,840 women suffered from breast cancer, and more than 12,000 have been diagnosed in Texas alone. It's the disease that touches almost every family in one way or another.

Pilates Goes "Pink"

Various retail stores carry items in pink and either part or all of the proceeds go toward breast cancer research or to foundations like Living Beyond Breast Cancer. Now, making their own contribution to the fight is STOTT PILATES® Instructor Trainer Beth Posa along with a team of Pilates Instructors, and Velocity Sports Performance who will offer Pilates classes for breast cancer survivors and those going through breast cancer treatment. "These instructors, without hesitation, stepped right up to be involved in this cause. They have such giving spirits," says Beth. They all attended a workshop taught by STOTT PILATES® Instructor Trainer Matthew Comer.

The Value of Pilates

Pilates is an innovative mind-body exercise that creates a sleek, toned body without adding bulk. The STOTT PILATES Breast Cancer Rehab workout has the same concept of a mind-body exercise, but the focus is to gain strength and mobility through small ranges of motion. Women who suffer from breast cancer undergo various surgeries and treatments. Some of the treatments include lumpectomy, surgical removal of the tumor, or mastec-

tomy, which is the surgical removal of the breast with possible removal of lymph nodes. Women who have had these surgeries are unable to participate in regular exercise routines because their needs are so specialized. In addition to these valuable classes, STOTT PILATES® recently released a new DVD entitled Breast Cancer Rehab on Equipment. This new DVD will reintroduce one's body to exercise following breast cancer treatment with gentle exercises designed specifically to help restore their mobility, improve posture, and increase endurance while on the road to recovery. For more information, visit stottpilates.com.

Beth's Gift

After realizing the need for the exercise program, Beth decided the best way to give back to the community was to offer a free Pilates program. The program's focus is on mind-body connection, strengthening, stability, and gaining mobility for each individual.

More than Just Exercising

Beth, a former church recreation director, decided to offer this program because it was a way to give back all year round. A class designed for women with breast cancer or who are survivors of breast cancer is not just about exercising, it's about creating a supportive environment. "Women are able to relate to each other's circumstance and be a support. They can share their experiences

of Breast Cancer survival.” When Beth came up with the concept, she pitched the idea to Velocity. They were immediately onboard wanting to give back to the community. “Yes, we love the idea, and we have plenty of room,” was their response. Velocity not only has room for a mat class but also has a fully equipped STOTT PILATES® Studio.

A New Beginning

The tentative start date is mid January. The days and times of the classes are flexible. “We want to offer classes that work for our participants as we do for our studio clients. Call and let us begin setting that schedule,” says Beth. If you want to reserve a spot in the class, simply contact Velocity at 281-208-2733 or the studio at 281-216-6726. **SLM**

ASHLEY MILES is a recent graduate from St. Edward's University with a degree in Communication. She hopes to share her love of writing through teaching.

10 BENEFITS OF PILATES

- 1 Flatten, tone, and strengthen abs
- 2 Longer, leaner muscles
- 3 Improve posture
- 4 Prevent injury
- 5 Increase circulation, relieve tension
- 6 Enhance body awareness
- 7 Balance strength with flexibility
- 8 Heighten concentration
- 9 Enhance athletic performance
- 10 Boost self esteem



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