

# Dianne Pratt

January 2012

Dear Clients

I hope that you have all had an enjoyable Christmas and New Year break and are looking forward to starting your Pilates sessions in 2012. Remember that Pilates will keep you feeling stress free and mentally focused so keep up your practice.

I am often asked by clients "How many times a week should I do Pilates?".

For optimum results I recommend working on the equipment two times per week. When working on the equipment (Reformer, Trap Table, Chair) you will find more balance in your core and identify any muscle imbalances as well as "lengthening the muscles".

Another question I am asked is "I do Pilates twice a week, but I don't seem to be able to lose weight".

You need to focus on what you are putting in your mouth. I am a strong believer in the "Food Diary" and I ask my clients who have requested help with their diet to write down everything they eat in 1 week. The answers I get can be quite amusing:

"I only had a handful of almonds" –did you know 8 almonds are 1 serving?

"I have 3 Tim Tams each night before I go to bed" – try to limit the Tim Tams to once a week and have 1 - 2 as a special treat.

"I only have 2 glasses of wine each day and wine is good for you" - try to reduce your alcohol intake as it is empty calories. Your goal should be to have at least 4 – 5 alcohol free days per week. If you are serious about losing weight you need to make a commitment to also watch your portion sizes, learn how to balance fat and sugar intake and maintain a healthy lifestyle with exercises which focus on strength, flexibility and mobility, ie. playing tennis, swimming, cycling, yoga, walking the dog - whatever you really enjoy.

Please let us know if you have a specific focus for 2012 as we would love to help you achieve your goal.

I would also like to introduce Srey Mann who has joined us as a Pilates Instructor at the Studio. Srey works Wednesday mornings at 7am and 8am, Thursday mornings at 8am and Saturday mornings at 9am and 10.15am. She also does relief teaching when required.

Lastly I would also like to take this opportunity to remind you of our cancellation policy. **24 hours notice of cancellation is required otherwise you will be charged for the session.** We are a small boutique studio and very much appreciate your communication with us so we are able to provide the best service we can to everyone.

Yours sincerely

Dianne

**PILATES  
AND  
YOGA  
STUDIO**

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