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Early Bird Draw

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1 draw of a 2013 Harley Davidson Sportster 883 (value \$13,240) to be made Sunday, June 15, 2014 at 5:00 p.m. at the Niagara Square, Niagara Falls, ON. 5 draws for cars listed to be made Monday, August 4, 2014 at 6:00 p.m. at Montebello Park, St. Catharines, ON. *Prizes include 2014 Buick Verano (value \$27,916), 2014 Chevrolet Trax (value \$26,139), 2014 Mazda MX5 GX (value \$38,392), 2014 Ford F150 Supercab 4x2 (value \$41,487), and a 2014 Audi A4 Multitronic FrontTrak Komfort Sedan (value \$45,452). Prizes awarded may not be exactly as illustrated. Only 20,000 tickets available. Tickets are \$25 each or 5 for \$100. All proceeds go to Hospice Niagara - The Stabler Centre residence's programs and services. Lottery Licence #6390. For official contest rules, please visit www.hospiceniagara.ca or call 905-984-8766.

The ins and outs of pilates reformer training

By Allison Kares



THERE IS A COMMON misconception that Pilates exercises are only done on a mat. Although the original exercises developed by Joseph Pilates in the early 1900s were done using the body, the need for more support to facilitate better muscle connections led to the development of unique, spring-based equipment.

What is a reformer?

The Pilates reformer is the key piece of equipment used in any Pilates practice. This functional unit allows the client to work in a lying down, sitting, standing or kneeling position, making it one of the most functional core workouts available.

On first sight, the equipment often appears intimidating but one try and clients are hooked by this smooth moving and gentle, yet effective method of training.

"When I began my reformer Pilates for the first time in my life, I learned how to isolate specific muscles and make them work," says Niagara resident Renee S. "I never knew that my weak core muscles failed to kick in when needed, until I learned how to tap into them and make them work. I owe this all to reformer Pilates."

Working on a reformer allows clients to engage their core while continuing to provide resistance for arm and leg muscles. Alignment and posture are always a focus in any Pilates program and the reformer provides feedback that enhances these essential components of a good core workout.

The benefits of pilates reformer training

- ▶ Improved core strength
- ▶ Increased flexibility and mobility
- ▶ Better posture and alignment
- ▶ Decreased back pain
- ▶ Gentle enough for rehab clients but challenging enough for elite athletes

So how do I get started?

Due to the specific nature of the equipment and the vast repertoire of exercises available, Pilates reformer training should always be initiated under the careful supervision of a certified instructor. Training with an instructor will ensure your body is positioned correctly, that you have made the effective muscle connections, and that you are completing the exercises safely for maximum results. Working one-on-one or in a small group will allow a program to be tailored to meet your needs and goals.

"Thinking I was in good shape, I started on the Pilates reformer to change my workout routine," says Maria O., a reformer client for the past 10 years. "The resistance from the springs and pulleys put me to shame as it was far more challenging and difficult to achieve the correct balance. My abs certainly weren't at their strongest, but the weekly reformer training has strengthened them considerably. Another bonus of the reformer is there are so many attachments to help modify or intensify all the movements. Assist and resist with the reformer to help your body be the best it can be!" **HWS**

Allison Kares is owner of Movement Unlimited Inc. and a Certified Pilates Instructor with 25 years of experience in the health and fitness industry. Allison's passion is to help people build and move their bodies efficiently from a strong base of core muscles. She continues to educate herself with advanced training in pre & post natal exercise and pelvic floor reconditioning. Contact her at 905.892.1239 or allison@movementunlimitedinc.com.

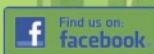
Helping You Restore Your Core



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