



PILATES STUDIO MEMBERS WINTER NEWSLETTER

Welcome to Winter 2011

The weather has definitely got a little chillier! Time to pull out those gloves, scarves & the merino under layers! Take a seat with a hot tea, coffee or milo & settle down to check out this season's news!

Back In Motion News Items

-  Back In Motion now have a [facebook](#) page! We would love for you to join us! Just go to our website [www.backinmotion.co.nz](http://www.backinmotion.co.nz) & click the facebook logo at the bottom of the homepage, then click to 'like'.
-  Back In Motion were recently involved with the Medical School's Healthy Lifestyle Medical Assessment Day at the Glenroy Auditorium on the 19<sup>th</sup> May 2011. Thank you to all those patients & members who put your name down to receive a free healthy lifestyle check with one of the student doctors. This day was an incredible success for all involved & our Pilates Co-ordinator & Instructor Laura Dawson even made the newspaper!
-  Back In Motion & in particular our Director Dusty Quinn is a major supporter of Football in Dunedin. Dusty is coach of the Roslyn-Wakari 13<sup>th</sup> Grade Football team & as a company has sponsored this team with warm up jackets for the 2011 season. Back In Motion are also a major sponsor of Roslyn-Wakari & Dunedin Technical Football clubs - offering player of the day prizes, Pilates classes & discounted physiotherapy fees for registered players. Dusty's involvement with the Otago Youth Development Foot ball team will see him accompany the team as they head to Northern

# PILATES

## FOR THE EQUESTRIAN BY THE EQUESTRIAN



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EQUESTRIAN PILATES		
BEGINNERS CLASS		
DAY	DATES	TIME
Monday	May 2-July 11	5.30-6.30pm
INTERMEDIATE CLASS		
DAY	DATES	TIME
Monday	May 2-July 11	6.30-7.30pm

Venue: Otago-Tairi Showgrounds

BOOK NOW!

Call 474 9400 to make an appointment to see Laura

www.backinmotion.co.nz

Ireland in July this year to compete in the Milk Cup - a prestigious tournament where they will compete against local Irish teams & clubs such as Manchester United.

We wish the all our sponsored teams the best of luck over the 2011 Football season!

You may have noticed our brilliant staff working out in the studio during the month of May! We introduced our first Workplace Challenge Initiative at the beginning of the month & challenged our staff to complete a minimum of 15 minutes Pilates studio exercises 5 days of the week & a minimum of 15 minutes Pilates floor exercises 1 day of the week. Our staff have applied themselves with gusto & as I write this newsletter we are entering our final week of the challenge - it looks like it's going to be very close!! Be sure to ask how we went!

Back In Motion would like to welcome Amy Hooson to the Albany St Clinic Physiotherapy team. Amy will be helping out part-time here in the mornings while also working from the Musselburgh clinic in the afternoons. Remember you can self refer to see a physiotherapist for any new or existing injury without having to see the Doctor!



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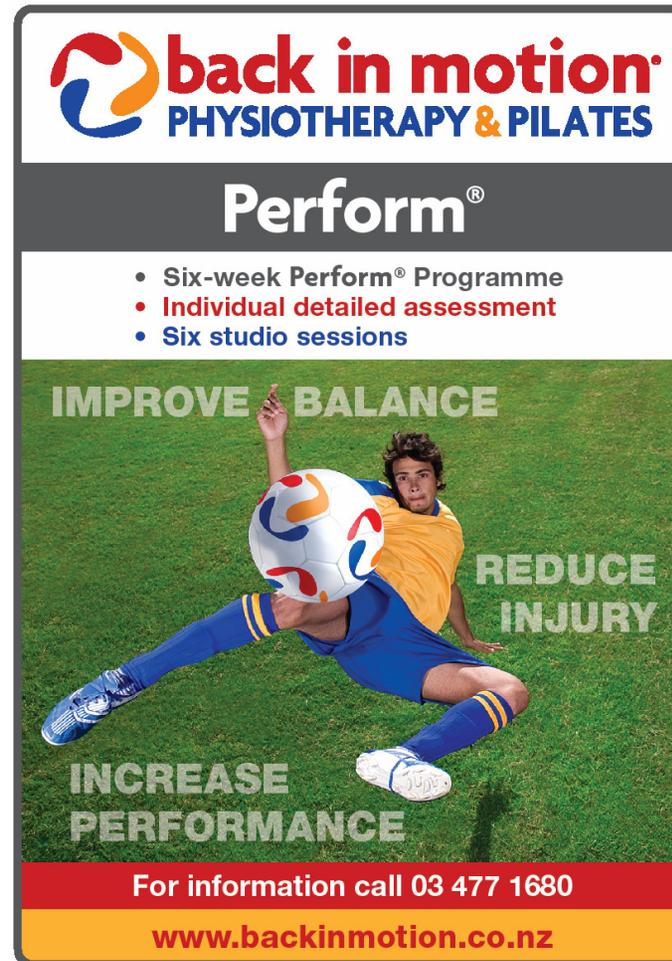
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## PRE/POST NATAL PILATES

### Pre-natal Classes

Monday 1-2pm  
Tuesday 5.30-6.30pm  
Thursday 6-7pm

\$16 per class

These popular studio classes are limited to 4-5 participants and incorporate a range of gentle Pilates stretches, Breathing techniques & Pilates exercises utilising both Pilates mat and Pilates Rehab equipment. The exercises are tailored for all three trimesters of pregnancy thus ensuring a safe workout for both mother and baby.



### Mums' n Bubs' Classes

Tuesday 11-11.45pm

\$13 per class

This class is a little bit of fun, with the aim of restoring your core stability and strength, as well as gently stretching your body.

Tips are given on to how to care for your body and posture & a physiotherapist is at hand to assist with any questions regarding aches and pains related to child birth or changes to your body since caring for your baby.

Enjoy the feeling of increasing your general body strength and core stability and exercising safely with your baby by your side.

These classes are a fantastic gift - Buy a series of 6 classes & offer them as a Baby Shower or Baby's arrival gift.

Pre-natal Class Gift Pack = \$96  
Mum's & Bubs Class Gift Pack = \$78

## WHAT'S NEW IN THE STUDIO

- 🌈 New Plants!! Dunedin Centre City Studio would like to farewell their long serving Yucca plants & welcome the new Peace Lily's guarding the entrance to the clinic & studio!
- 🌈 Centre City Pilates Coordinator & Instructor Laura has recently attended a workshop where she learnt how to use the Gymstick! This innovative piece of equipment utilises a fibreglass stick & stretchy bands for use in a personal training, or group fitness environment. Muscles watch out! Laura is sore from her 2hr workshop so she knows it is effective! Go to [www.gymstick.co.nz](http://www.gymstick.co.nz) if your keen to find out more.

## MEMBERS REWARD DEAL

Back In Motion introduces this fabulous **new** studio member's deal!

*Book a One-on-One Private Supervised Session with your Pilates Instructor & receive 40% off any massage of the same duration.  
Valid until June 30<sup>th</sup> 2011*

Keep your eyes peeled for each new deal as advertised in your Pilates studio!

## STUDIO GUIDELINES - A FEW REMINDERS'

It has come to our attention that one or two of our members are very sensitive to spray on deodorants, perfumes & deodorizers. We would appreciate it if those who use these products could please join us in applying them in a well ventilated area such as the toilet, where the fan can disperse this efficiently.



Thank you for your consideration!

## PINK PILATES UPDATE

Pink Pilates has grown and evolved to now be a programme that all women with cancer can participate in. Back in Motion are proud to be able to deliver this programme exclusively to Dunedin and the wider area.



Over the last 2 years data has been collected from all participants nationwide and the results of the Pink Pilates programme show that women that undertake the programme get benefits that include improved strength, improved flexibility, improved feelings of well being, improved confidence, improved levels of fitness and reduced pain.

In general, participating in some form of exercise is of paramount importance to help in reducing the recurrence of cancer and in reducing other diseases such as, heart disease and stroke.

The programme is unique in that it is a course of 10 sessions, which are delivered and designed by a physiotherapist trained in cancer rehabilitation. The programme is tailored to the individual needs of the client and her goals. The programme includes services of physiotherapy, massage, education, Pilates and a gentle strength and conditioning programme.

Due to the growth and evolvment of this programme there have been changes to the funding that is available. For all women with breast cancer that present within 2 years of diagnosis you are entitled to 3 sessions that are subsidised. The programme is covered by health insurance and can also be purchased as a gift. Back in Motion have the Pink Pilates programme set up as a package and are more than happy to discuss options that suit your needs.

Your registration for the programme needs to be completed online at [www.pinkpilates.co.nz](http://www.pinkpilates.co.nz) and we can assist with this too.

If you have any queries please do not hesitate to call in or contact us on 4749 400.

## NEUROLOGICAL PHYSIOTHERAPY - DIZZINESS

Bronagh Quinn is our resident Neurological Physiotherapist based out of the Albany St Clinic. Bronagh has spent the last 12 years working with people complaining of dizziness & is trained in both the assessment and treatment of vestibular (inner ear) conditions (Emory University, Atlanta, 2004) and breathing pattern disorders using the BradCliff Method®. This enables her to recognise the different causes of dizziness, many of which are due not to illness but to social factors.



She has found that there are a number of causes for dizziness:

- An inner ear problem causing dizziness and balance problems
- Sensory integration issues due to the aging process influencing balance and unsteadiness
- Long-standing anxiety or poor coping strategies causing dizziness in particular situations
- Poor breathing habits due to smoking, an illness, or injury
- Physical conditions affecting the breathing muscles
- Changes in posture causing light-headedness

If you or anyone you know suffers any of the above & would like help; contact Bronagh on 03 4771680 for further information or to book an assessment.