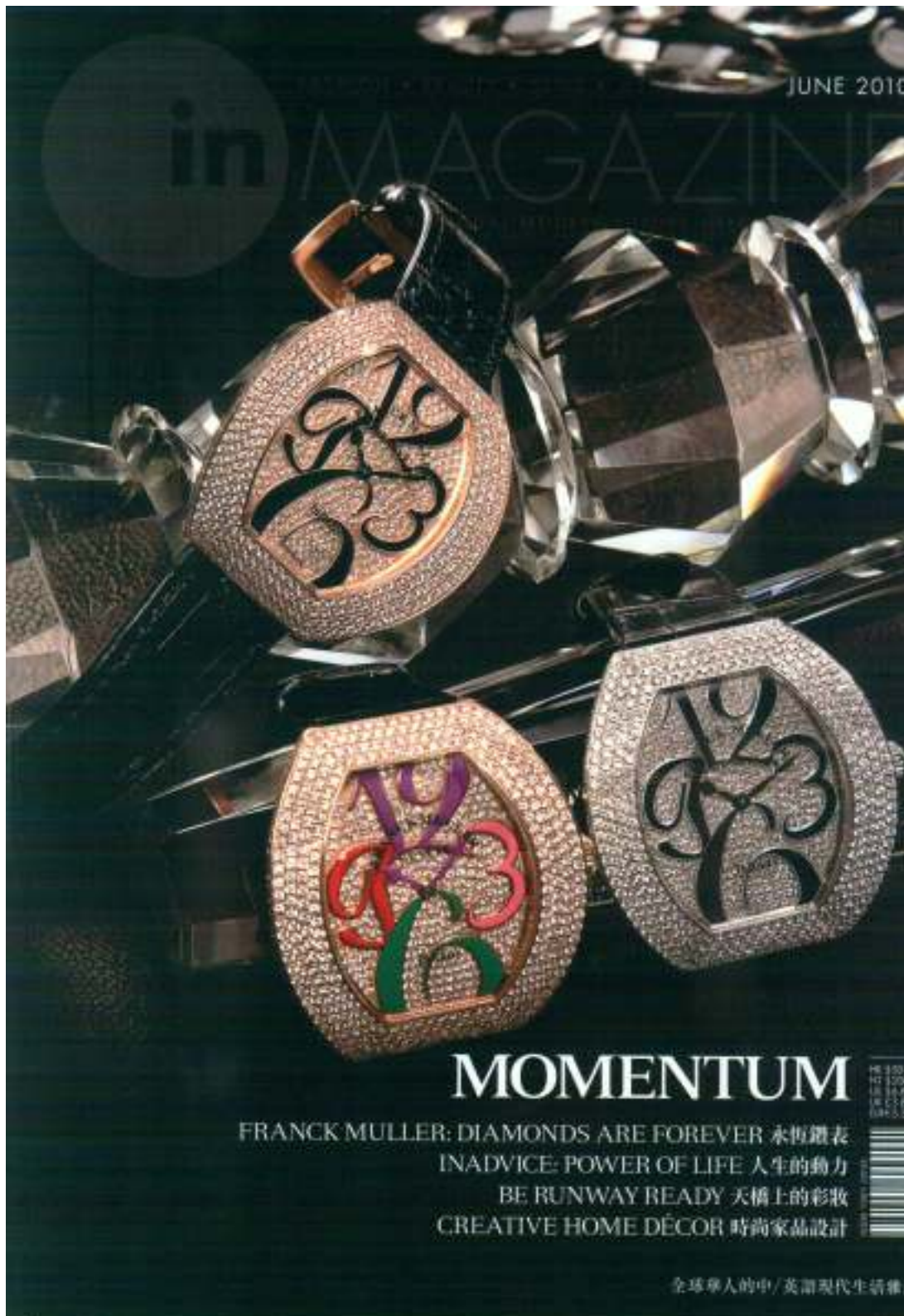


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inFIGURE

健美之談

Body Talk

Fancy a way to tighten your tummy this summer? Check out these energising aerobic exercises – Pilates and yoga – to stay in shape.

今個夏季·想纖腰瘦身·重拾健美體態? 讓我們透過Pilates和瑜伽·塑造理想身段。

TEXT BY MAUREEN NG
PHOTOGRAPH OF ALMEN WORK BY LAMP YU

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British Pilates and Gyrotonic instructor in Iso Fit, Katy Klemen originally trained as a dancer and was introduced to Pilates in 1996 with the aim to strengthen her classical and contemporary dance techniques, but soon fell in love with the sport.

"Pilates works from the core of the body, the abdominal muscles," explains Katy. Instigated by Joseph Pilates in the early 20th century, Pilates works on both mats and Pilates machines. Its fundamental aim is to align the entire body through centering, concentrating, controlling, precisioning, breathing, and flowing movement. "The springs in equipments such as the Reformer, the Trapeze Table and the Wunda Chair create resistance for the muscles, which enhance versatility and physical feedback."

Complementing Pilates is Gyrotonic, a system that works by exercising the musculature, thereby increasing the range of motions and developing coordination. Unlike other conventional machines where linear or isolated movement exercises are performed, Gyrotonic exercise emphasises multiple joint articulations and the surrounding ligaments and tendons strengthenings. "Gyrotonic works in a range of movements different from that of Pilates. It's more about rotations and spirals. A lot of the principles in Pilates can be applied to Gyrotonic," says Katy.

In Iso Fit, sessions are conducted by one of its 19 instructors with a choice of one-on-one, two-on-one or a maximum of twelve-on-one format. When asked about how to evaluate one's the progress, Katy responded, "Communication between the client and the instructor helps to ensure that clients are moving at the right pace towards their goals. These goals can be adjusted from time to time, according to a client's needs. As for the frequency of exercising, we expect clients to do one to three times a week. A lot of our members do twice a week. After all, it's bit of a commitment when it comes to exercising."

Apart from keeping fit, one of the greatest benefits from working out consistently is the positive psychological benefits. "Any forms of exercise is beneficial to the psyche. If you come because of injury, Pilates will make you pain-free. If you come for toning up, you shall see the positive changes in your body. Achieving your goal allows a tremendous psychological boost. It's an hour to get out of your work, away from the phone and emails and your daily stresses. It's time spent on yourself, on your mind and your body. Sometimes you have to concentrate so much on the exercise that you've forgotten why you're stressed."

英籍的Katy Klemen為Iso Fit的Pilates及Gyrotonic導師，原本是一名舞蹈員。她於1996年首次接觸Pilates，初時是為了改善自己的古典舞及當代舞技巧，旋即愛上了這項運動。

「Pilates的基本原理是以身體的核心部位作為出發點，先鍛煉着深層的腹部肌肉。」Katy解釋道。Pilates由Joseph Pilates於二十世紀初所創，將相同的原理應用到席上運動或相關的器械之上，目的是透過訓練協調性、集中力、專注力、控制能力、準確性、呼吸及流暢的動作，從而調節整個身體的機能。「Pilates中的Reformer、Trapeze Table和Wunda Chair等器械設有彈簧，能夠構成阻力，從而促進身體的靈活性及反應。這些器械能幫助身體找到正確的感覺。」

伴隨Pilates的還有Gyrotonic，能夠系統地訓練肌肉組織，增加身體的活動範圍，促進協調性，有別於大部分器械訓練的線性或個別部位運動。Gyrotonic更針對關節的多重連貫性，並旨在強化關節周圍的軟組織。Katy說：「與Pilates相比，Gyrotonic所用到的是另一組肌肉。Gyrotonic強調身體的轉動及螺旋形運動，但Pilates的理論又往往能應用到Gyrotonic之中。」

Iso Fit現時共有十九名導師，學員可選擇一對一、二對一及最多為十二對一的課堂形式。當被問到如何評估訓練進度時，Katy則說道：「學員與導師之間的溝通有助確保進度，而學員的目標亦可因應不同情況而改變。我們一般建議學員每週來一至三次；不少學員都是每週來這裡兩次。畢竟運動需要持之以恆。」

除了健美之外，經常運動的其中一個好處便是心理上的正面影響。「生命中的任何進步，都有助提升自信心。若你是來治療傷患，Pilates可助你減輕傷患。如果你是為健美而來，你將看到體形上的轉變，能看到自己親手達成目標，當然是最有效的強心針。同時，將這一個小時充完全地留給自己，遠離所有電話、電郵及日常工作壓力，讓身心獲得舒緩。集中精神，全心全意地運動，你會發現白髮時已能將煩惱拋諸腦後。」



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