

## Pilates

Pilates is a method of resistance exercise that uses systematic practice of specific exercises and focused breathing patterns to stretch, strengthen, and balance the body. Pilates is used as a way to improve fitness, and as part of professional dance and sports training and physical rehabilitation. An estimated 5 million people in the U.S. take part in Pilates.

Joseph Pilates studied yoga, Zen, and ancient Greek and Roman physical regimens. During World War I he began devising the system of original exercises done on the floor, known today as "matwork." Later, working with soldiers and foreign internees, he devised rehabilitation equipment to both support the body and provide resistance. Since the 1920s, the basic tenets have been preserved with some modifications. Stott Pilates is one widely used program that incorporates modern principles of exercise science and rehabilitation.

Pilates focuses on the stability of the body's core, defined as the spine, abdomen, pelvis, hips, and the muscles that support these structures. There also is

emphasis on improving flexibility and body awareness, and on increasing muscle strength without building bulk. A series of controlled movements is performed on specially designed spring-resistant exercise apparatus or on the floor (mat work).

Pilates appears to improve muscle strength and flexibility and an advanced workout burns as many calories as brisk walking. Pilates is considered to be safe for most pregnant women and there is a low risk of injury to joints which may make it a good form of exercise for people with arthritis. There is some evidence that Pilates is an effective treatment for chronic back pain. More research studies are needed to draw firm conclusions about its effectiveness.

Pilates classes are widely available through Y's, gyms and adult education programs, and DVDs are available for home use.

Information from [www.medicinenet.com](http://www.medicinenet.com), [www.pilatesmethodnetwork.org](http://www.pilatesmethodnetwork.org) and [www.stottpilates.com](http://www.stottpilates.com)

### Recipe of the Week: Turkey Pot Pie serves 6

2 cups chopped cooked turkey  
 3 cups (total) cooked chopped broccoli and carrots  
 ½ cup each chopped raw onion and celery  
 2 Tbsp. butter  
 3 Tbsp. flour  
 ¾ cup skim milk  
 ¾ cup chicken broth  
 ½ tsp. dried thyme  
 ¼ tsp. black pepper  
 Crust: 1 cup flour, dash of salt, ¼ cup canola oil,  
 2 Tbsp. skim milk

1. Preheat oven to 425 degrees. Spray a deep pie plate with cooking spray.
2. Heat together ¾ cup skim milk and broth. Don't boil.
3. Melt butter in large skillet over low-medium heat. Add celery and onion. Cook, stirring occasionally, till soft and transparent.

4. Add 3 Tbsp. flour. Cook, stirring, about 1 minute. Add broth-milk mixture. Cook, stirring constantly, till it thickens and boils. Reduce heat and stir one minute. Remove from heat.
4. Stir in thyme, pepper, turkey and vegetables.
5. Place mixture in pie plate.
6. In small bowl combine crust ingredients in order given. Stir well after each addition, till a dough forms. Roll out between 2 large sheets of wax paper into a large circle to cover top of pie. Remove top sheet of wax paper, Flip crust on top of pie, remove wax paper. Trim crust to fit. Prick a few times with a fork.
6. Bake for 15-20 minutes, till crust is slightly browned and filling is bubbling.

#### Nutritional Information :

|                   |                     |
|-------------------|---------------------|
| Calories: 363     | Carbohydrate: 59g   |
| Total Fat: 21g    | Dietary Fiber: 3.5g |
| Saturated Fat: 7g | Protein: 19g        |
| Sodium: 217mg     |                     |

**Tip of the Week:** When picking foods from a holiday buffet, go for a range of bright and deep colors. These are foods in which fiber, vitamins and minerals are concentrated. Eat less of the brown, tan and white foods which are mainly meats and starches, and higher in fat and calories.

*Weight Watchers Magazine, Nov-Dec 2011*