 BREAST HEALTH HANDBOOK

# the fast track to flatter abs

Pilates is *the* way to shrink your midsection, but it can also help you avoid breast cancer. Top instructors show you why prevention never looked so good.

BY JESSICA CASSITY PHOTOGRAPHY BY SCOTT McDERMOTT

► You eat right, get regular checkups, and do self-exams to help reduce your risk of breast cancer. There's one more thing you should add to your list: exercise. Having a strong, fit physique improves the disease-fighting ability of every cell in your body. Pilates, the all-over toner that puts special emphasis on your core, is an excellent way to fulfill the "strong" part of this exercise

prescription—plus, you can do it at home. To get you started, we asked eight instructors who participated in last year's Pilates for Pink program (see page 28 for more info) to give us their favorite moves. They'll help you look leaner, taller, and more toned. Combine those benefits with keeping you cancer-free, and this is one workout you can't afford to skip.

not a  
crunch in  
sight

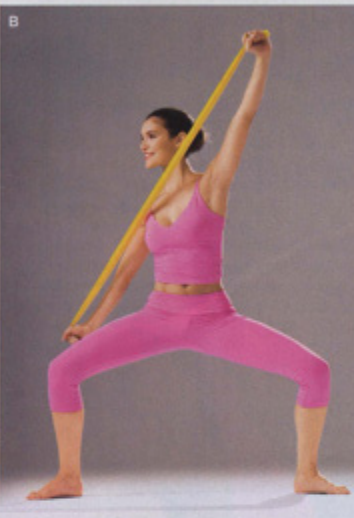
There's more  
than one  
way to tackle  
your belly  
bulge





## the plan

**HOW IT WORKS** Do the following moves 2 or 3 times a week.  
**YOU'LL NEED** A set of 1- to 3-pound dumbbells and a resistance band.



### ◀ bow and arrow

Works shoulders, back, abs, butt, and legs

**HOW TO DO IT** Stand with feet wide, legs and feet rotated out from the hips. Hold an end of a resistance band in each hand, arms extended overhead in a V so hands are aligned over feet [A]. Bend knees and twist torso to the right, drawing right hand past right leg [B]. Straighten legs to return to starting position, then repeat to the left to complete 1 rep. Do 6 reps.



"If you resist the band when bringing your arm up, you get an extra toning boost."  
 —LIZBETH GARCIA, OWNER OF TILCIA STUDIOS IN SAN DIEGO

### ▶ breathing with weights

Works chest, butt, arms, and hamstrings

**HOW TO DO IT** Lie faceup with knees bent and feet flat on the floor, hip-width apart. Holding a dumbbell in each hand, extend arms out to the sides and bend elbows so forearms are perpendicular to floor. Straighten arms over chest, pressing weights toward ceiling [A], then lift your hips and lower your arms next to them, palms facing down [B]. Lower hips as you raise arms over chest again, then lower arms out to starting position to complete 1 rep. Do 6 to 8 reps.



"Adding dumbbells to this move forces you to focus even more on using grace and control, two key aspects of Pilates."

—TRACY FIORE, OWNER OF FIORE PILATES IN HAMARONECK, NEW YORK



### ▼ standing hundred

Works triceps, abs, and legs

**HOW TO DO IT** Holding a dumbbell in each hand at sides, stand with feet together and lower into a half squat. Lean forward slightly and extend arms next to hips, palms facing back [A]. Pump arms up [B] and down 5 times while inhaling, then pump 5 more times as you exhale. Repeat until you've taken 10 breaths and done 100 pumps.



"This move is harder than it looks; to really challenge your balance—and core—close your eyes."

—DEBBIE WOLFF, AN INSTRUCTOR AT STUDIO 4 FITNESS IN CORAL SPRING, FLORIDA



### ▲ v balance with leg beats

Works abs, shoulders, and inner thighs

**HOW TO DO IT** Sit with legs on floor, right ankle crossed over left, and extend arms in front of you at shoulder height, palms facing in. Roll halfway down, arms raised [A], then lift your legs [B]. Quickly open and close legs 3 times, ending with left foot crossed over right. Slowly lower legs, then sit up straight to complete 1 rep. Do 6 to 8 reps.



"Adding the leg motion in the V position requires even more core control to keep from rocking forward or back."

—ANGELA SMITH, OWNER OF CLASSIC FORM PILATES IN BURLINGTON, VERMONT





### ▲ rhomboid hug

Works shoulders and back

**HOW TO DO IT** Sit with feet on the floor, legs together. Holding a dumbbell in each hand, raise arms out to shoulder height so hands are about 8 inches in front of shoulders, palms facing down [A]. Slowly draw elbows back a few inches, squeezing shoulder blades together [B]. Bring arms forward and repeat. Do 6 reps.



"This is my secret posture perfecter! It strengthens all those back muscles to help counteract that chronic office slouch."

—KATHY HALE, HEAD PILATES INSTRUCTOR AT CREATIVE BODY BALANCE STUDIO IN KANSAS CITY, MISSOURI

### FIRM UP WHILE DOING GOOD

To participate in a Pilates for Pink fundraising class near you, go to [pilatesforpink.com](http://pilatesforpink.com). Or join us on September 28 in New York City's Union Square Park. To support the cause from home, purchase *The Mari Winsor Pilates for Pink Workout* (\$15; [galeam.com](http://galeam.com)). One dollar from every DVD sold goes to the Breast Cancer Research Foundation.



### mermaid twist

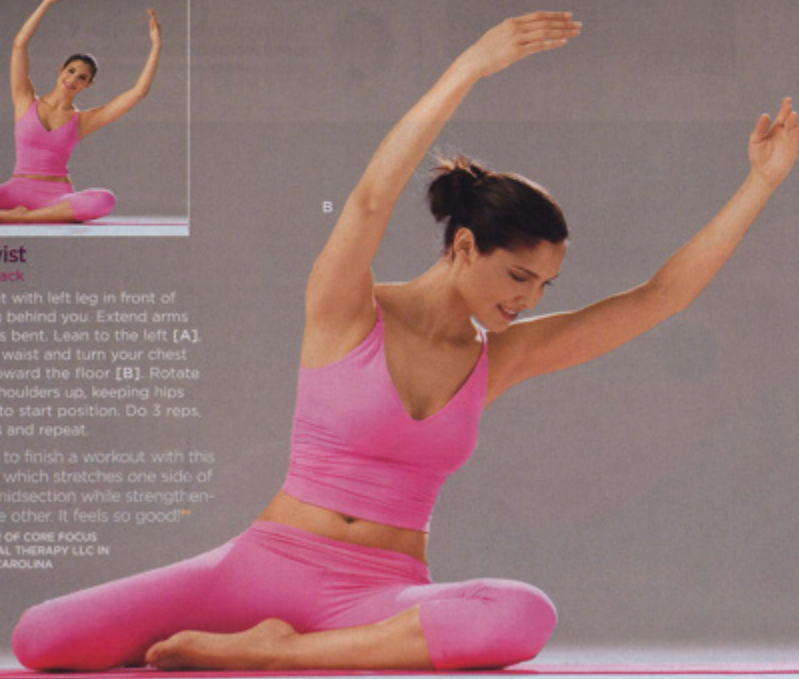
Works abs and back

**HOW TO DO IT** Sit with left leg in front of you and right leg behind you. Extend arms overhead, elbows bent. Lean to the left [A], then twist at the waist and turn your chest and shoulders toward the floor [B]. Rotate your chest and shoulders up, keeping hips still, then return to start position. Do 3 reps, then switch sides and repeat.



"I like to finish a workout with this move, which stretches one side of your midsection while strengthening the other. It feels so good!"

—DALE DEPUÉ, OWNER OF CORE FOCUS PILATES AND PHYSICAL THERAPY LLC IN HAMPSTEAD, NORTH CAROLINA



### knee stretches

Works abs, shoulders, and quads

**HOW TO DO IT** On an uncarpeted floor, kneel on all fours with toes resting on a towel (or do the move with socks on). Round your back, drawing your belly button toward your spine, and lower your head. Lift knees so they're even with heels [A]. Keeping upper body still, slide feet back 8 to 12 inches, keeping spine rounded [B], then use your core to drag your feet in. Do 8 to 20 reps without lowering your knees.



"Traditionally you would do this on the reformer [the spring-loaded machine used in most Pilates studios], but on the floor it's more challenging."

—MARY BANGE, PH.D., AN INSTRUCTOR AT THE GOOD SPACE PILATES & YOGA STUDIO IN HOUSTON



### ► squat series with weights

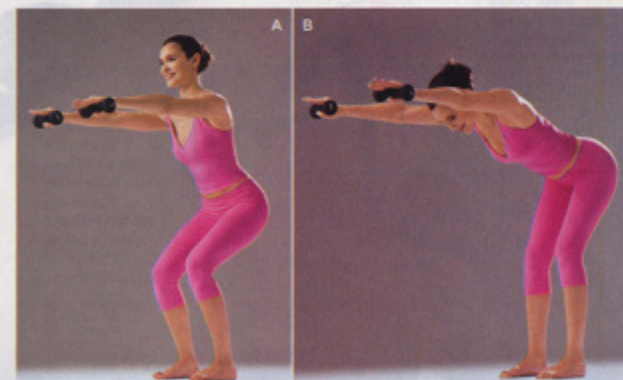
Works shoulders, back, abs, and legs

**HOW TO DO IT** Holding a dumbbell in each hand, stand with feet hip-width apart. Raise arms to chest height, palms facing down, and squat halfway [A]; hold for 2 to 8 breaths. Straighten legs and bend over from the hips so torso and arms are parallel to the floor [B]; hold for 2 to 8 breaths. Lift torso and squat low, keeping arms up; hold for 2 to 8 breaths. Lower head and arms toward floor, straighten legs, and roll up. Do 2 to 4 reps.



"This move provides extra sculpting for the legs from a standing position, which makes it tougher."

—HEATHER YOUNG, OWNER OF MOVEMENT FOR HEALING IN PORTLAND, OREGON



JESSICA CASSITY is a freelance writer and Pilates instructor in New York City.