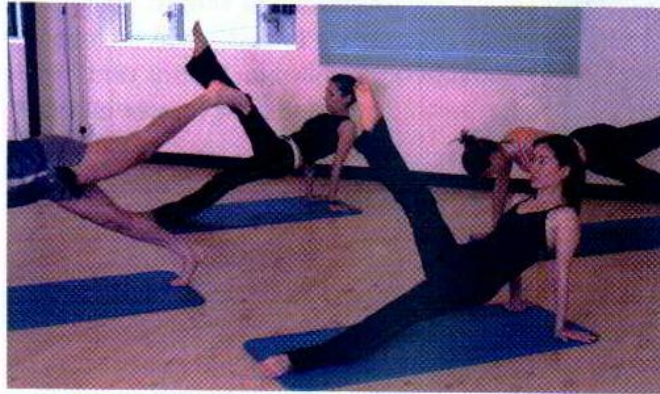


THE LIST



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LIFESTYLE

MUMMY MAKEOVER

If you're worried about back problems during pregnancy, there's no better solution than a little pilates. The perfect workout for mothers-to-be, pilates is based on controlled motion, which means there's a low risk of jerky movement and overstretching the ligaments and joints. Because much of the work centers on strengthening core control muscles, attention is focused on directing blood flow and oxygen to the abdominal region, which is nourishing for both mother and baby. And you can help to keep yourself in shape after the baby's born with some post-natal pilates—strengthen your core control muscles to support the spine and alleviate muscular tension arising from repetitive physical movement. Iso Fit runs regular classes with highly trained instructors who will modify exercises for pregnant or post-natal clients and will also be hosting a specialized pilates conference for professionals and enthusiasts from April 9-10. Visit www.polestarpilatesasia.com for more information or call 2869-8630. Iso Fit, 8/F, Yu Yuet Lai Building, 43-55 Wyndham St., Central.

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