

# @Studio16 (Est.2002)

*Through education, application, motivation and a commitment to a healthy lifestyle –we will succeed!*

Studio16/118 Queens Road FIVE DOCK

E: [studio16@optusnet.com.au](mailto:studio16@optusnet.com.au)

W: [www.studio16.com.au](http://www.studio16.com.au)

M: 0430 477 464

Someone once said  
to me that:

*“We accept fate in life,  
at the point that we feel  
we can no longer move  
forward and because it’s  
at this point that most feel  
there is nothing they can  
do about it,  
we accept it as our fate.”*

But,

*“What would happen if we  
did not accept it as fate  
and that we start to move,  
change and strive to  
achieve all that we wish  
and want,  
no matter what age or  
stage in life we are at.”*

And it’s then, I was told

*“we define success.”*

*ॐ*

*When it comes to  
our body, is  
the ageing process fate –  
or do we force it upon us?  
Can we do anything  
about it?*

*ॐ*

Since opening the studio,  
and in the past when  
employed by other gyms  
for the development and  
teaching of the over 50’s  
programmes, I have had



the pleasure of teaching  
and challenging some  
amazing people.

Although most were  
reluctant at first to try new  
training methods, they all  
would listen and were  
eager to learn. After only  
a couple of weeks they all  
began to train with more  
conviction and  
determination than ever  
before.

In only a short period of  
time they started to notice  
not only their own  
changes, but each others.

At one gym (about 15  
years ago), I pulled the  
oldies out of one of my  
Aqua Aerobic classes and  
placed them in the weights  
room. On the agenda was:

- Tai Chi;
- The Charleston  
dance moves (great  
balance workout);
- “pilates” – back  
then it was referred  
to as the  
rehabilitation  
/strengthening

component of the  
programme; with

- weights and  
standing stretches.

At another gym at  
Burwood (geared for the  
young & beautiful), I lined  
up the “oldies” in front of  
the mirrors to do their  
weights alongside the  
younger patrons also  
pumping their weights.  
One women’s son stood  
over me and kept asking  
me: Why weights? Why  
would my mother want to  
have muscle?

The answer to these  
questions became evident  
when after only a few  
weeks, those that  
committed to the training  
programme, including his  
mother, began to:

- move easier;
- walk quicker and  
stronger;
- shape-up their  
bodies;
- elevate their moods;
- report that their  
blood pressure had  
dropped and
- that their aches and  
pains were  
decreasing

and the list went on.

Their confidence grew and approach to everyday activities changed. They now understood that each move and activity would make a huge difference to their overall health.

They began to enjoy and challenge themselves. Their mind-set changed from feeling old and avoiding movement to looking for ways to move more which in turn made them feel younger.

They began to train with an eagerness to learn more about their bodies and how to gain strength, flexibility and balance.

They stopped accepting that their age has limitations and barriers. They started seeing that they can make changes to the way they look, feel and think.

A common regret was *"not doing this earlier."*

In one class (in the over 50's programme), Lucy told us her story about her shoulders. Doctors told her, (before she started the training programme) that she should accept the lack of mobility and strength in her shoulders as part of growing old.

After some months of participating in the training programme she could move and rotate her

shoulders. The aches and pains decreased and Lucy could even lift shopping bags again.

*Lucy had changed her fate and so have many others in so many different ways.*

**@Studio16 we still train to succeed and take control of the ageing process.**

*BTB*

### **Student Feedback @Studio16**

*(Year 2006)*

#### **"Training For Life"**

I am 56 years old, married with two adult sons.

The floor pilates that I have been doing with Betty has been far more beneficial than working on the reformer. In fact, the reformer actually aggravated the weakness in my right shoulder. The weights we use have made a huge difference and I am getting stronger and fitter (I can now complete a spin class!!) I am looking forward to gaining all the benefits from training my body as I get older and achieving new goals along the way.

I need to exercise it makes myself feel good and keep depression at bay, while keeping myself fit and managing my weight. I need to do some exercise every day to achieve this goal, and this will be part of my routine for the rest of my life.

I became aware of the importance of having strong and healthy bones in my late 40s. I have finally found the right formula working with Betty to strengthen and shape my body, muscles and bones.

It has been a rewarding experience for me for many reasons training at the Studio as I have also been improving my posture and flexibility.

The most important lesson that I have learnt from Betty is to take it slowly and enjoy the journey. To stay strong through training is a lifetime commitment. My personal goal is to maintain my height and posture into old age, because I will have strong bones supported by strong muscles.

*I am training for life!*

By: Jacquie Baker

*BTB*

*(year 2005)*

#### **"Empowering Your Muscles"**

I am so glad to have found Betty's Studio - and it has taken 10 months of regular attendance but I am nearly 53 and I am happier with my body than ever before in my life. My arms are getting definition, and my stomach at last is getting flatter. I am stronger than I have ever known myself to be.

I feel as if I have my own personal trainer in a completely mixed class. Betty can attend to all of our individual levels.

By: Patsy Chingwile

*BTB*

(year 2004)

**Discovering Pilates - Floor**

My beautician had been coming to see Betty for 4 months and was getting amazing results. She suggested I should come along. A few months had passed and then I bit the bullet and turned up to a Sunday morning session with Betty.

At first I could barely do the exercises, which frustrated me considering I have been doing Pilates in a studio for 3 years. But this was my first matt class so I figured I should tough it out.

Come Monday every inch of my body except my back hurt, but it was a good pain so I went back. Since then I have not looked back.

I have been attending 2 sessions a week for the last 6 months. What I have been able to achieve with Betty in that time has been better than I could have hoped for.

I have stopped the gym sessions, I walk 3 times a week along with my 2 Pilates sessions. This has helped me go from a size 16 down to a 12-14 and I now fit into my clothes better then I did when I bought them.

By: Maraka Sampford  
*MB*

(year 2008)

**“Lard in Motion”**

I have been doing Pilates since Betty began classes in 2002 and I’ve never looked

back since. Prior to this I was expanding at a rapid rate, going from a size 12 to a cosy 14 after the birth of my son. Something had to be done as my esteem level was non-existent and whenever I sat down I felt my tummy resting on my lap – it felt like ‘lard in motion’.

At first it was really hard work, however the results were immediately evident thanks to Betty’s sound advice on diet and cross-training routines.

I have experienced other pilates instructors, but I’ve never come across one that is so committed to her client’s well-being and health.

I now am a size 10 (which I’m absolutely thrilled about) more importantly my esteem level is through the roof. It is a combination of many things, but by taking control of ones health, making that commitment and having Betty as a fitness Instructor /guru... well, you just can’t fail. Thanks Betty I’m so glad our paths crossed and that you are part of my journey in life.

By: Katerina Beale (Kitty)  
*KB*



**Continuous Education**

To build-on our current programmes and help me create new ones and to ensure we are aware of the up-to-date information about training, I have enrolled at the Physiotherapy Coaching Academy Australia – with Francine St George a well-known Sydney Physiotherapist /Lecturer and Researcher in the following workshops:

**Wednesday 5<sup>th</sup> May 2010**  
**\*Postural types and exercise prescription**

*(also addresses specific programming for hyper and hypomobility).*

**Wednesday 2<sup>nd</sup> June 2010**  
**\*Hip/lumbar spine stability**

*(includes anatomy review and using Reat Time Ultrasound practice to test if you are teaching these stability exercises correctly).*

**Wednesday 7<sup>th</sup> July 2010**  
**\*Neck, shoulder and elbow**

*(includes anatomy review and exercise prescription).*

**Wednesday 4<sup>th</sup> August 2010**  
**\*Common problems and appropriate exercise**

*(Prescription & Programming).*

Unfortunately on these Workshops days the Studio will be closed for the 9:30am – 10:30am classes only. The Studio will be open for all other classes on these days.

I look forward to bringing updated and safe training techniques to our classes.

I have also attached the latest timetable that start Monday 26<sup>th</sup> April. (please press your refresh button on your computer when visiting my website to ensure the latest information and timetable appears).

*I do apologise for any inconvenience and thank you all for your continued support!*

*Thank you for Training  
@Studio16*

**Men Only Programme**

*“Joseph Pilates believed that in order to achieve happiness it is imperative to gain mastery of your body.*

*If at the age of thirty you are stiff and out of shape, then you are “old”.*

*If at sixty you are supple and strong, then you are “young”.*

@Studio16 our male clients enjoy training in Pilates and have gained great results, in particular the golfers.

Pilates is a comprehensive head-to-toe workout originally created for men. Designed by a German born gymnast and boxer named Joseph Pilates his exercise system focuses on the development of the body’s muscle groups:

- \* Spine
- \* Chest
- \* Hips
- \* Arms
- \* Legs
- \* Abdominals
- \* Back
- \* Shoulders
- \* Gluteus

**Pilates builds:**

- \*Strength
- \*Flexibility
- \*Posture
- \*Balance & Stability
- \*Co-ordination
- \*Endurance

These are all strengths that any golfer requires in order to increase his level of golfing success and

decrease his chance of injury.

Some of the benefits from regular stretching & strengthening include:



**Stretching** to increase mobility in the shoulders, back and hips is the key to avoiding lower back pain and injuries, especially if you are a weekend golfer and may be a little de-conditioned.

**Body strengthening** will result in a stronger back and better posture; and exercises that strengthen but are gentle on joints, breathe life and vigour back into all activities as well as golf.

# Pilates

*It's Origins Began with Male Soldiers, Boxers & Male Athletes.*

*It Has Been Falsely Identified As A "Woman Only" Exercise.*

Pilates for men will shape and tone all your body and help flatten your belly – no matter what age you are.

@Studio16 most male clients are aged between 40-60 yrs old. Our specialised trainer, with experience of over 20 years in the fitness industry, guides and motivates everyone to achieve their fitness goals.

Studies have shown significant increases in bone mineral density, when incorporating strength training with a healthy lifestyle – which reduces the risk of osteoporosis and reduces arthritic pain.

Australian research at the International Diabetes Institute has shown that strength training (such as Pilates), can assist in the control of:

- \*Diabetes by improving blood glucose levels and carbohydrate metabolism;
- \* Blood Pressure;
- \* Cholesterol;
- \* Body Fat and
- \* Stress Management



*Remember Ladies, whatever is good for the gander is good for the goose!*



*Thank you for training @Studio16*