



Pilates909

a private training studio

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Rancho Cucamonga, California

Rebuilding the “House” You’ll Live in For the Rest of Your Life

Ahhh, the thrill of newly laid wood floors or new granite countertops! There’s a sense of newness - a starting over from the worn, stained carpet and the outdated countertops. Just buy it; someone installs it; you write the check, and Voilà! A new look!

Much like taking care of our house made of wood and brick, taking care of our permanent house or body requires an investment. The body, however, requires an investment of your mind also. It requires a commitment to ‘self’ that is more than making an appointment and writing a check.

Some of us have experienced loss - our dream home is on hold or has been taken away from us because of uncontrollable circumstances. We’re sitting in a mess and we can’t fix it overnight. We are “strapped” and entangled in a web that keeps us paralyzed, helpless, and waiting for a miracle or break-through to change things. The great thing about turning your attention back to yourself is that you can take back that control. You can start today; take a deep breath and start renewing yourself from the inside out!

In *Classical Pilates*, the Reformer machine has been proven to give you a whole new body. Strengthening your muscles gives you a sense of empowerment, and lengthening them relieves stress and strain, allowing you to breathe life back in. Investing in yourself inspires you to move out of your darkness. Pampering yourself with calming flow enables you to look at exercise not as a punishment to whip yourself into shape, but rather a time to rebuild you; time to rebuild your own personal house.

Don’t let this recession pull you back into fear mode. Embrace the life you have inside of you. God gave you a beautiful body - embrace it, take care of it, upgrade it. It’s the only house you’ll live in for the rest of your life!

Submitted by Pilates 909

For More information on Pilates visit us at www.pilates909.com

