



Stretch Flex Move Breathe

Maybe you've considered Pilates but are scared of those odd-looking machines. Don't be. This storied method of exercise can give you strength, balance and well-being on your way to the body beautiful.

Photos by Robert Hart

Y

ou can't swing a Thera-Band around Hollywood without hitting a celebrity who claims to owe her amazing body to Pilates, but the decades-old fitness discipline, performed both on floor mats and equipment that bears a striking resemblance to the torture racks of medieval England, is just starting to gain popularity here, thanks to the opening of several studios in the area.

The exercise method was developed by Joseph Pilates, a German self-defense instructor who was training Scotland Yard detectives in England when World War I broke out. Detained as an enemy alien for several years, Pilates was determined to keep himself and his fellow German nationals, some of whom were injured, healthy and fit. He rigged up springs to hospital beds and created a series of resistance exercises to strengthen the body's core that anyone, in almost any physical state, could do.

When Pilates immigrated to the United States in the late '20s and opened a fitness studio that shared a space with the New York City Ballet, the dance community embraced the method that helped ballerinas limber up for performances and get back on their feet after injuries. Hollywood got with the program in the late '70s when one of Pilates' disciples opened a studio in Beverly Hills and image-obsessed entertainers learned how quickly the exercises could transform their bodies.

Today, there is a Pilates studio in nearly every burg and hamlet in the country. Tarrant County has a handful, one of which is the 2-year-old Body Garage, whose owners Kerry Kreiman and Jacqueline DePetrìs say the idea that a person can develop a celebrity-grade body by doing Pilates alone is a bit too good to be true.

"Certainly, Pilates can make you stronger, leaner, and more toned," says Kreiman, "but it is never aerobic, so it doesn't replace cardio." In other words, Pilates is not going to provide the heart-pumping workout that every body requires to lose weight and protect the ticker, but it can make workouts easier and more efficient.

"When you practice Pilates regularly, you develop strength, balance, mobility, alignment and range of motion, which means you're less likely to be injured, especially in the sports where your body is subject to asymmetrical motion, like tennis and golf," says DePetrìs, who believes that is likely the reason more men are practicing Pilates. "A lot of athletes turn to Pilates because they have an old injury that nags at them or because they've been hurt and are in pain and need to rehabilitate."

Kreiman believes that people of all ages and any

Edward Jones FINANCIAL FOCUS

Here's a "Checklist" for Surviving a Financial Crisis



Brandon L. Chase, CFP®

Over the past few months, the news has been almost incomprehensible. It's hard for many of us to make sense of the failure of major Wall Street firms and large banks and the \$700 billion bailout of the financial sector. And it's hard for investors to be calm when stocks have fallen more than 40 percent between October 2007 and Inauguration Day in 2009. What can you do to cope?

Consider the following "checklist" for surviving a financial crisis:

- Close your ears — but open your eyes. These days, you may hear some so-called "experts" talking about end-of-capitalism scenarios. Try not to listen to these doomsayers. We still have the most powerful economy in the history of the world and we will recover from these setbacks. However, even if you close your ears, you should keep your eyes wide open. Specifically, look for opportunities. Stock prices are down now, but they won't always be — and, all else being equal, investors who buy into the stock market at lower prices are likely to earn higher returns than those who buy stocks when prices are higher.
- Focus on things you can control. During a financial crisis, your success at weathering the storm depends on your ability to stay calm and concentrate on the things you can control. For example, you can control your emotions so that you aren't panicked into making unwise, short-term decisions, such as putting all your money under your mattress. And, to a certain extent, you can even control your portfolio's ability to withstand volatility. How? By diversifying your holdings as broadly as possible. The wider your range of investments, the less you'll be hurt by downturns that primarily affect one asset class. (Keep in mind, though, that diversification, by itself, cannot guarantee profits or protect against loss.)
- Review and rebalance your portfolio. During this market decline, some of your holdings have probably fallen more than others. As a result, you may now own a lower percentage of a specific asset class than you had originally intended when you built your portfolio. Consequently, you may want to meet with your financial advisor to determine if you should rebalance your portfolio by adding more money to those asset classes that have fallen the most. You may also want to rebalance if your risk tolerance or long-term goals have changed.
- Look for quality investments. In this economic environment, it's more important than ever to focus on quality investments. When you buy stocks, look for those companies with strong balance sheets. If you're purchasing bonds, stick with those that receive high credit ratings. If we are entering a prolonged economic downturn, these types of investments will, in all likelihood, fare better than lower-quality stocks and bonds.
- Be patient. No one can predict when a bear market will end, but history has shown that turnarounds can happen quickly and unexpectedly. So be patient. The most successful investors have the courage to stay the course and take advantage of opportunities while others are "bailing out" of the financial markets.

We may still have some rough roads ahead of us. But if you can check off every item on this list, you can smooth out some of the bumps you'll encounter on your journey toward achieving your long-term goals.



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Kerry Kreiman, left, director of Contemporary Dance/Fort Worth, and CD/FW dancer Jacqueline DePetris tune up mortals like you and me at The Body Garage, their 2-year-old Pilates studio.

fitness level can benefit from the core-strengthening exercises. “Mr. Pilates was an intuitive genius about the body,” she says. “He knew exactly what it needed. Although technological advances in the equipment have expanded our repertoire and we know more today about biomechanics and anatomy, very little has changed from when he first developed these principles.”

The pair say that learning Pilates is not as difficult as the archaic-looking equipment and props, which include bands, balls, springs and rods, would suggest. Most studios offer several levels of mat classes that are open to everyone, but those wishing to try the equipment classes should get a doctor’s clearance and plan to take several private classes or join with another newbie to learn the basics before joining a bigger group. Group classes can number up to six and help cut down on the cost — not to mention add to the fun. Pilates is meant to be a lifelong practice, and Kreiman and DePetris say their clients include cancer survivors, joint-replacement patients, people suffering from chronic illnesses and bad backs, pregnant women, teenagers and retirees. And of course, lots of women in search of starlet-like physiques.

RESOURCES Check out a few of the local fitness centers and studios offering Pilates. For a select few, Pilates is the sole focus; many more offer it as part of their fitness regime. **Page 42**

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Where to Do It

The Body Garage

Clever “body mechanics” Kerry Kreiman and Jacqueline DePetris converted an old auto garage off of Forest Park Boulevard into this warm, light-filled space overlooking a park. They kept the original garage doors and added a beautiful wood floor, seating area, dressing rooms and equipment by Balanced Body. Private and group equipment classes for all skill levels and mat classes are offered Monday through Saturday. 2112 Mistletoe Blvd., Fort Worth; 817-207-9800; www.thebodygaragepilates.com.

Rhythm & Moves

At this 3,000-square-foot, state-of-the-art, three-room Southlake mind-and-body studio, owner Dale Estrabao goes beyond Pilates, offering instruction in such disciplines as Nia, ballet, kickboxing, yoga and meditation, as well as regular workshops on self defense, exotic and ballroom dancing and tai chi. An onsite gift shop and relaxing lounge add to the holistic experience. 2008 E. Highway 114, Southlake; 817-251-6683; www.rhythmmoves.com.

The Pilates Center

Jenelle Perry celebrates her Pilates studio's third anniversary with a move from the now-closed Soul Fitness building to a new space on Fort Worth's west side. Perry and four other

certified instructors lead private and group equipment classes and mat classes in a calm and sophisticated space with a great view of one of the prettier sections of Camp Bowie Boulevard. Several on-staff instructors teach both Hatha and Vinyassa yoga. 6320 Camp Bowie Blvd., Fort Worth; 817-737-2673; www.thepilatescenter.net.

Pilates at Dancescape

The first Pilates equipment classes in Fort Worth were offered in 1994 at this studio owned by Pilates veteran Zoe Stein Pierce. The small, clean space is set in the River Plaza office tower off of University Drive and affords views of the Trinity River. Private and group instruction, as well as certified Method Pilates instructor training is available. 1701 River Run, Suite 903, Fort Worth; 817-924-4048; www.pilatesatdancescape.com.

Powerhouse Yoga & Pilates Studio

Opened last month, this brand-new, shiny 2,700-square-foot studio in the mid-cities offers a full schedule of classical mat and equipment Pilates classes, ballet fitness and several types of yoga, including prenatal and “Mommy and Me” yoga, where parents can bring their little ones, ages infant to toddler. 6000 Colleyville Blvd., Suite 140, Colleyville; 817-442-5041; www.powerhousstudio.net.



Pilates at Dancescape owner Zoe Stein Pierce introduced Fort Worth to the sometimes scary-looking Pilates equipment.

An advertisement for Hot Poppy Couture. It features three models in a rustic, wooden setting. The models are wearing white jackets over a black sequined top and light blue jeans. The background is a wall of horizontal wooden planks. The text "Hot Poppy Couture" is written in a stylized font, with a pink flower graphic. Below the text, the address "The Villages at Camp Bowie, 6333 Camp Bowie Blvd, Suite 208, Fort Worth, TX, 817.737.8881" is listed. At the bottom, a list of brands is displayed: Alice+Olivia, Alice & Trixie, Bond No. 9, Perfume, C&C California, Corey Lynn Calter, Devotion Takes A Trip, Eva Franco, Hanky Panky, Hudson Denim, Jessica Kagan Cushman, linQ, Love Quotes, McGinn, Rachel Pally, Taka, Tarina Tarantino Jewelry, Wish For Peace.

**Hot Poppy
Couture**

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at Camp Bowie
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