

## REDEFINING THE PRIVATE

## CYBER PILATES

First there was Pilates on VHS. Next came DVDs. Then, live streaming video and apps took center stage. Now, the latest technology to embrace Pilates is Skype.

MyBOD Wellness, which offers private Pilates sessions via Skype, is the brainchild of Pilates veteran Denise Posnak (at right), who wanted to "make the luxury of in-home personal Pilates accessible and affordable," she says. "I had my own Pilates studio in Athens, GA, but then in 2010, I moved to New York City," explains Posnak, a Romana's Pilates-certified instructor who has been teaching Pilates since 2001. "Around the same time, I started to use video calls to connect with my friends who were not in New York, plus

I wanted to continue to see my clients in Georgia. The combo [of Skype and Pilates] seemed like a great idea!"

There are many advantages to doing Pilates via Skype versus watching a video, Posnak says. "You're getting accountability, guidance and feedback—you know you are working safely and doing it right. And personalized sessions mean the pacing is for you, the variety is for you, the scheduling is for you."

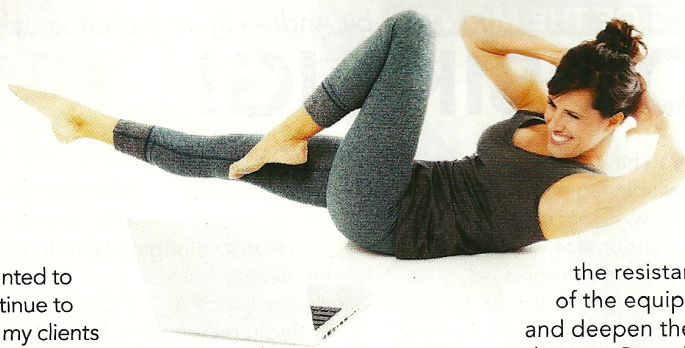
Most sessions focus on matwork and may feature props (Magic Circle, foam roller, small ball, Thera-Band), "which help create

the resistance of the equipment and deepen the work," says Posnak.

"But if a client has a piece of equipment (Reformer, Cadillac, Chair), we will work with them on it." All teachers are certified and experienced professionals.

MyBOD Wellness offers free, 15-minute consultations and an introductory session for \$35 for 45 minutes. Prices range from a single session for \$55 to 10 sessions for \$430. Twenty-four-hour advance booking is required. For more information or to book a session, go to [www.mybodwellness.com](http://www.mybodwellness.com).

—Anne Marie O'Connor



## PUT THE REMOTE DOWN

## ONE EASY CLICK FOR INCREASED LONGEVITY

There are lots of things you can do to prolong your life: take your vitamins, eat right, exercise daily, look both ways before you cross the street. But how about clicking the off button on the remote? A recent Australian study backs up what your momma told you so many years ago: "You're wasting your life in front of that TV!"

Using data from the Australian Bureau of Statistics and the Australian Diabetes, Obesity and Lifestyle Study, researchers were able to predict down to the minute the average impact TV viewing has on mortality. The study, published in the *British Journal of Sports Medicine*, found that "Compared with persons who watch no TV, those who spend a lifetime average of six hours per day watching TV can expect to live 4.8 years less." The study goes on to say, "On average, every single hour of TV viewed after the age of 25 reduces the viewer's life expectancy by 21.8 minutes."

So the next time you're tempted to watch a rerun of *The Bachelor*, ask yourself if it's worth 20 minutes off of the end of your life. If not, then click the off button on the remote. Poof! You've just achieved a longer life! —Sue-Ella Mueller

## THE BEST TIME TO EXERCISE

## LACE UP BEFORE YOU EAT UP

Back away from the Greek yogurt and chai tea. No, PS is not advocating skipping breakfast; merely delaying it. According to a recent study in the *British Journal of Nutrition*, exercising after a night of fasting can burn up to 20 percent more fat.

The study participants, 12 active men, were asked to jump on a treadmill for a 10 a.m. exercise session. Afterward, the men were all given a chocolate milkshake. Those who "exercised in a fasted state burned almost 20 percent more fat compared to those who had consumed breakfast before their workout," the study found. Additionally, researchers found that participants who fasted did not eat any more than their counterparts for lunch.

"In order to lose body fat we need to use more fat than we consume," says Javier Gonzalez, one of the study's authors. "Exercise increases the total amount of energy we expend and a greater proportion of this energy comes from existing fat if the exercise is performed after an overnight fast. Our results show that exercise does not increase your appetite, hunger or food consumption later in the day and to get the most out of your session, it may be optimal to perform this after an overnight fast." So for best results, get your Pilates session in early! —SEM