

# Career women passionate about Pilates!

Carmel Byrne.



Joseph Pilates wrote that one of the aims of his method was to help people with the challenge of "performing our many and varied daily tasks with spontaneous zest and pleasure". Our careers often involve hours of sitting, repetitive tasks, and lots of stress. We're also lucky enough to have access to fantastic leisure activities like boating, biking and walking, so it's vital to have enough energy to enjoy both work and leisure. Pilates aims to build a resilient body and mind that are resistant to stress and injury - an asset in any career!

Laboratory manager Debbie Abernethy of Lifetech Laboratories says: "I feel sorry for my instructors when I walk in the door after a busy day at work but they always ensure I leave Pilates feeling stronger and refreshed with more energy than when I arrived. As a result it is the only exercise that I have stuck at for any period of time week in and out." After 12 years Debbie still finds Pilates invaluable.

Serena Turnock, a project manager for Genesis Energy, uses Pilates to balance her body. Debbie and Serena share a duo lesson twice a week after work. "I love finishing my day with Pilates," says Serena. "It's a great way to forget the stresses of the day and strengthening my core has improved my posture. I can't imagine I will ever not do Pilates!" Over the years the pair have become so passionate about the method that they often take the opportunity to have lessons with visiting teacher trainers - including a lesson last year with Mari Winsor of Winsor Pilates fame.

"Pilates is an integral part of my weekly routine," says Carmel Byrne, an executive coach and partner of Stepshift Limited, and regular client of Pilates Unlimited for over 12 years. "Even when I am very busy with my work, I schedule my Pilates sessions in the same way I schedule business meetings. I find my investment in Pilates is returned tenfold in terms of my health and wellbeing, not to mention the enjoyment of working out in such a friendly, professional studio."

If you're interested in finding out more about authentic Pilates, give the team at Pilates Unlimited a call - they will be happy to show you around the studio and get you started in a routine that will help you get the most out of your work and play!

Pilates Unlimited, 18 Northcroft Street, Takapuna Beach, just along from The Department Store. Call 486 1018 or visit [www.pilatesunlimited.co.nz](http://www.pilatesunlimited.co.nz) ◀

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