

CALLANETICS

SAFE, GENTLE, FAST, VISIBLE, INTELLIGENT, UNIQUE



HEALTH 101 INTRODUCES YOU TO THE WORLD OF SA CALLANETICS.

Callanetics is a highly effective non-impact exercise programme, which isolates muscle groups by using small, precise, powerful three-dimensional movements, which develop long, lean looking muscles. It focuses on lengthening the spine and correct activating of the pelvic floor. Callanetics is an intelligent form of exercise, focusing on deep muscle work, there is no bouncing or jarring found in high impact activity and the first results are visible fast – often after only 3-4 classes. SA Callanetics is taught in small classes of no more than 12 participants so everyone receives individual attention and all levels of ability can be accommodated. Often classes take place in studio environments with mirrors and barres to assist participants in using their body correctly.

FOUNDATIONS...

Callan Pinckney in the USA originally developed Callanetics in the 1970s. Callan suffered from physical problems with her spine and legs leading her to develop an exercise regime based on ballet lessons she had taken as a child and the Lotte Berk Programme. The exercises are being further developed in close co-operation with Swiss doctors and movement specialists and are formulated according to the most modern knowledge of anatomy.

UNIQUE EXERCISE ...

The movements are tiny, with as many repetitions as possible at the client's fitness level. Muscle groups are isolated and worked intensively whilst relaxing the rest of the body. All movements are executed three-dimensionally. Callanetics differs to yoga as yoga is mainly stretching and although Callanetics does incorporate extensive stretching (many movements originating from yoga), it combines them with effective toning exercises and builds good posture in accordance to latest findings in human movement science. Stretches are held for 30 seconds and longer, which improves flexibility and strength in the joints, ligaments and muscles.

Callanetics incorporates spiral muscle movements and intensive use of the deepest layers of the pelvic floor, with the consistent lengthening of the spine playing a central role. The correct alignment of the feet, a long open neck, relaxed shoulders and a lengthened waist are all equally important. The correct load bearing on various joints relieves, improves and prevents back pain. By exercising the deepest muscle layers the body tones, resulting in a deep inner strength, which helps the body to maintain an upright posture.



WHY CALLANETICS?

In addition to the benefits already mentioned, clients report renewed energy after an SA Callanetics workout, even if done at the end of a stressful, hectic day. It has a calming effect, helping to focus the mind and improving sleep. Tensions drain out of the neck, shoulders and the jaw and concentration improves. Most people find they "grow" due to the stretching of the spine – a few centimetres are not rare. Many sufferers of back and joint pain report less pain and generally people need fewer hours sleep and enjoy improved appetite control.

In addition, clients find they lose centimetres all round and the exercises have a lifting and tightening effect on sagging body areas. "Callanetics has changed my posture (no more lower back pain) and life so much... I started doing the SA Callanetics Programme when I was 6 months pregnant. After my baby's birth I was wearing size 11 and 12 pants. Now, 4 years later I am wearing size 6! I had no arms! And now there are definite muscles. I have become a Callanetics instructor myself – this I will be able to do even when I am in an old age home!" (Madeleine, age 30)

Cellulite improves and sometimes disappears altogether! Skin tone with better circulation and lymph drainage is improved and more positive attitudes and less depression has been reported.

The programme is suitable for any fitness level and age. Top sports athletes will improve their performance, those who may not have exercised in a long time, will greatly improve their quality of life with more flexibility, strength and better balance.

WHAT DO I WEAR?

People wear comfortable clothes that don't restrict the waist and are not too loose so clients and instructors can observe the body shape to check if postural correction is necessary. It is a good idea to wear layers in colder weather, so the outer layers can be taken off as you warm up. Special footwear is not required - wear socks or go barefoot. The emphasis is on exercising whilst having fun, feeling relaxed, energised and healthy – not on fashion!

MORE INFORMATION ...

For more information about the SA Callanetics programme, studio locations, DVD workouts, teacher training courses and workshops, please visit www.ctasa.org.za, contact CTASA (Callanetics Teachers Association of South Africa) on info@ctasa.org.za or phone Sylvia on 011 795 3311.