



CALLANETICS

Callanetics, for those who haven't heard of it yet, is safe, gentle and fast – all good things in our hectic world. It's also said to be 'visible, intelligent and unique'.

We take a look.

Callanetics is a highly effective non-impact exercise program which isolates muscle groups by using small, precise, powerful three-dimensional movements, which, in turn, develop long, lean looking muscles. It focuses on lengthening the spine and the correct activation of the pelvic floor. Callanetics is an 'intelligent' form of exercise, focusing on deep muscle work – there is no bouncing or jarring as found in high-impact activity and the first results are visible fast, often after only three or four 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 barrels to assist participants in using their body correctly.

Foundations

Callanetics was originally developed by Callan Pinckney in the USA 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 Program. These were the foundations

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of Callanetics. 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 while relaxing the rest of the body. All movements are executed three-dimensionally. Callanetics differs from yoga in that yoga is mainly stretching and, although Callanetics does incorporate extensive stretching (many stretches are taken from yoga), it combines them with effective toning exercises and building good posture in accordance to the 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.

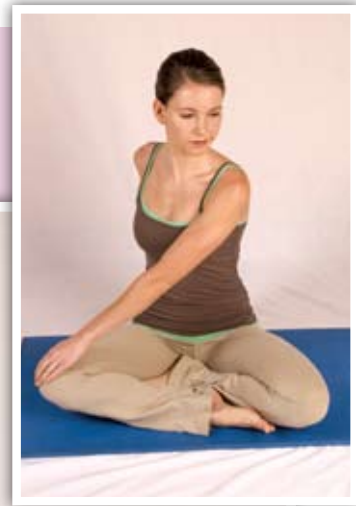
Callanetics incorporates spiral muscle movements and intensive use of the deepest layers of the pelvic floor, with the consistent lengthening of the spine playing a central role. The correct alignment of the feet, a long open neck, relaxed shoulders and a lengthened waist are all equally important. The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

In addition to the benefits already mentioned, clients report renewed energy after a 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

extension is not rare. Many sufferers of back and joint pain report less pain and generally people need less sleep and enjoy improved appetite control.

Clients have also found that they lose centimetres all round and the exercises have a lifting and tightening effect on sagging body areas. Cellulite improves and sometimes disappears all together. Skin tone, with better circulation and lymph drainage, is improved and more positive attitudes and less depression have been reported. The program is suitable for any fitness level and age. Top sports athletes will likely improve their performance in their specific sport, older people who may not have exercised in a long time, will greatly improve their quality of life with more flexibility, strength and better balance. □

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.



The South African Callanetics Programme

Contact the Callanetics Teachers Association of SA for: Studio Locations & classes / Teachers Training / Workshops / DVDs

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Experience:

- more strength, energy & leanness
- centimetre loss,
- better coordination, balance & posture...and more