

The NEW SENSATION IN EXERCISE IS HERE – South African Callanetics

Written by Meeckie MacRae 20th January 2008

"3 years ago I re-discovered Callanetics – South African style & I will never turn back." (Meeckie)

South African Callanetics is simply one style of Callanetics itself. It is a highly effective low impact exercise program that tones, shapes and slims the body. It creates leanness and strength without the bulky muscle build up. South African Callanetics is the most developed form of callanetics in that it has been adapted to be anatomically correct thanks to the work of Dr Christian Larson in Germany and is in keeping with national and international body science standards.

There is no stress on the joints or muscles and the results are seen remarkably fast. Most people see the difference in themselves after the first session. As an Instructor I definatley can see their change.

With South African Callanetics, you use your body as its own fitness machine. Isometric exercises with spiral rotation are used in combination with a small precise movement – a pulse- this contracts the muscle to its fullest potential. Incorporated is stretching, many similar or the same to as yoga stretches, this generates the increased flexibility and elongated lines. Many people have claimed that they have "grown" and it is not rare to discover that in fact some people do gain an extra few centremetres in height. This is a direct result with the stretching and postural alignment that is also highly important.

Postural alignment is a very important part of the program. When people first come they are taught how to stand upright, how to stand on their feet and keep their spine lengthened neck long and open and shoulders back down and out. Many cannot believe how much stronger and more confidant they feel by simply standing in correct upright position.

To further compliment the program the deepest layers of the pelvic floor are used and instructed to our clients on how to develop the pelvic floor. Most Men and Women do not understand the importance of the pelvic floor, until it is what is to be said too late. The Pelvic floor *can* be saved and improved even completely repaired. Some people are taught about Pelvic Floor at some stage in their life, mostly women through pregnancy, but they are taught the first layer only and they may not be doing it correctly resulting in damage instead of repair. Pelvic floor for men is also of utmost importance as is for women. Men often think they know how to use their pelvic floor, but until they have erectile or prostrate problems they realise it was not how they thought at all. The understanding that the Pelvic floor is embarrassing for both sexes is not unrecognised; however it is able to be taught non-invasively. Clients who attend do get a good giggle as well.

I have found the importance that South African Callanetics become a part of our Australian lifestyle in health and fitness. It is the exercise regime for people who have little or lots of time; do not want gym memberships, and have high expectations. No matter your age, sex, fitness level or size South African Callanetics will get you into shape from the inside out.

I changed my life to become a South African Callanetics Instructor; I am so passionate about the health of our communities and that of our nation's. When I found this program I knew this was what I had to do. I teach older adult gentle exercise at my local community centres as a part of community programs and my ladies cannot believe how much stronger, more confidant, and vital they feel. One lady told me that she was considering an aged care facility to move into in six months, she now tells me that she genuinely feels this is no longer necessary as she is able to independently look after herself again.



"About three years ago I had been working for almost the same as a Senior Debt Collections Officer. I was stuck behind a desk for the first time in my life I was sedentary. My career was always my exercise until now. I found that my trim little size 10/12 had fastley become a 14 and in about 2 weeks probably a 16. I scared myself. Searching the internet I re-discovered callanetics available in Melbourne. I was extatic. I already knew what callanetics was from my Ballerina American cousin. I booked into the next class I & I was off. At that first class I remember I couldn't wipe the smile from my face. After the class I got into my car on such a high note, I put the keys into the ignition & before turning the car on I began to cry. I was so relieved, so happy so changed... I had found it. Exactly what I wanted to do for the rest of my life! Australian's *have* to know about this. From there I set out to gain my Personal Training certification & Certification in South African Callanetics and created TONED STUDIO™ & Express programs.

Sessions run for 45 minutes to an hour and have a maximum of 10 participants at any one time. This ensures that people of all levels can attend and that everyone gets one on one attention. Another feature of this program is that your body never adapts, there is such variety in the exercises that the body is constantly working to its own strength, getting stronger & stronger with each session.

South African Callanetics – designed specifically to improve the body from age, rehabilitation, back problems, pregnancy, weight loss, fat loss, general health and well being.

Classes are affordable at personalized studios such as TONED STUDIO™ in Port Melbourne Victoria and Body Miracles in New South Wales.

To find out more about this program visit www.toned.com.au or www.ctasa.org.au.

Written by Meeckie MacRae – Certified South African Callanetics Instructor, Member of South African Callanetics Teachers Association, certified and registered Personal Trainer.

©copyright 2008

The NEW SENSATION IN EXERCISE IS HERE – South African Callanetics

Written by Meeckie MacRae 20th January 2008