

SPECIAL REPORT: THE LATEST NEWS ON SUN PROTECTION

PAGE 78

# pilatesstyle®

www.pilatesstyle.com

GET INTO THE  
**BEST  
SHAPE**  
OF YOUR LIFE!

TORCH FAT + BLAST  
MEGA CALORIES  
BOOT CAMP STYLE!

(PSSST: ALL YOU NEED IS A MAT!)

PAGE 44

POWER UP  
YOUR  
MIND/BODY  
CONNECTION

THIS PROP IS GENIUS!

PAGE 68

THE TOP  
**ANTI-  
AGING**  
FOODS

PAGE 36

PILATES  
MEETS  
YOGA:

**SECRETS**  
TO ENHANCING  
**YOUR**  
FLEXIBILITY

PAGE 60

MORE  
THAN  
**52**

WAYS TO  
REBOOT YOUR  
ROUTINE

APRIL 2012

\$4.99 US





## BULLETIN BOARD

**Is it okay to wear makeup during my session? What products should I avoid applying before exercise? What's the ideal post-workout skin-care regimen? Can I forgo washing my face in favor of using facial wipes?**

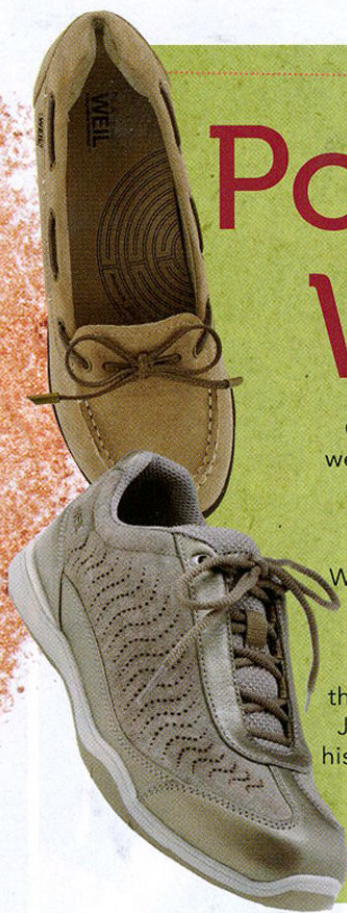
*We have a lot of beauty questions! So, we called on Jasmina Aganovic, Pilates instructor and creator of Stages of Beauty ([www.mystagesofbeauty.com](http://www.mystagesofbeauty.com)), to fill us in on the best skin-care practices—as they relate to Pilates, of course.*

**On wearing makeup while practicing Pilates:** While it really does depend on the sensitivity of your skin, light makeup should not do any harm to your skin. Pilates does not cause too much sweating, or anything that could increase the likelihood of clogged pores. Of course, now there are so many brands that offer functional makeup (makeup that treats the skin as well), so take advantage of these multitasking products. Beware of the surfaces on which you lay your face (forehead, cheeks, etc.) during your Pilates class: Unless you know the cleaning schedule of the equipment, you really can never be too sure when it was wiped down! I always like to keep a towel close by so that I know my skin is on a clean surface, no matter what.

**On products we should avoid while working out:** Don't wear anything that could irritate the skin, such as heavy or occlusive (when a product contains ingredients that keep moisture in the skin) creams or makeup, since they prevent the skin from breathing naturally during exercise, leading to clogged pores. Some examples of occlusive ingredients are silicones (commonly found in makeup primers and moisturizers) as well as petrochemicals (commonly found in moisturizers).

**On the ideal post-workout skin-care regimen when you're pressed for time:** Cleansing the face is an absolute must! If you are short on time, you can just use a toner, but make sure you cleanse your face before bed.

**On washing the face vs. using facial wipes:** Wipes are fine—they're fast, easy and you won't need to wait your turn for the locker room sink. Follow with a clarifying or balancing toner to make sure all the oil has been swept away and to help the skin reset post-workout.



## Power Walk

One of the many reasons we love walking is that you can do it anywhere, any time—and without any equipment. Dr. Andrew Weil, founder and director of the Arizona Center for Integrative Medicine, agrees walking is one of the best forms of exercise. Just make sure you follow his tips to get the most out of your stroll.

Saturday

## COMING UP: Pilates Day 2012!

Every year, on the first Saturday in May, the Pilates community the world over celebrates Pilates Day, a program initiated by the Pilates Method Alliance (PMA) to spread Pilates cheer and awareness. Everyone is invited to participate and create their own event.

PMA members get a free Pilates Day kit filled with pre-designed posters, business cards, t-shirts, sample press releases and more, and also get their event listed on the PMA's website. For more information on how you can get involved, contact Membership Manager, Maly De Jesus, at [pilatesday@pilatesmethodalliance.org](mailto:pilatesday@pilatesmethodalliance.org) or by calling 866-573-4945 x 201.



**Daily Dose.** Walk every day. Daily exercise not only helps you achieve your best physical body, but it also helps prevent mood problems.

**Nurture with Nature.** Nature can lift your spirits, so make a point to walk outside in your city's parks or gardens, or take forest hikes.

**Walk and Laugh.** Bring a friend on your next hike and reconnect the old-fashioned way—without cell phones, email or Internet distractions.

**Meditative Mind.** Pick a mantra to repeat to keep you motivated. Try to walk in a calm atmosphere and repeat your mantra to avoid negative thoughts.

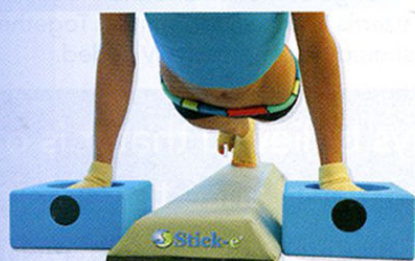
**Focus on Breath.** If mantras aren't your style, try focusing on your breathing by practicing the 4-7-8 breathing technique: Inhale for 4, hold for 7, then exhale for 8.

**Posture and Balance.** Keep your posture in check while you walk: Make sure your head is erect, your back is straight and buttocks are tucked in. Watch your balance by taking the proper kind of step, in which you place your heel on the ground first, then push off with your toes.

**Proper Footwear.** Check out the doc's new line of walking shoes, Weil Integrative ([www.weilbeing.com](http://www.weilbeing.com)), which help you move easier, with better posture, and without pain.

—Valentina Palladino

PREVIOUS PAGE, FROM TOP: Dr. Weil's Women's Discover Shoe and Women's Balance Shoe.



**Beaming™**  
a new platform for Pilates

**NEW Wrist Saver® Block**



for  
**STRENGTH & SUPPORT**  
*The Perfect Plank™*

**Stick-e® Products**

*For a More Rewarding  
Fitness Experience!*



**Beamfit™ by Stick-e®**  
Replacing the mat with a Beam  
for a Stronger Core!



[www.Stick-e.com](http://www.Stick-e.com)

**NEW!**

Use Promo Code: **PS0312**