

Gayle's story

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The Lumineers

Gayle Bowman has been attending the Functional Pilates studio weekly since its inception in February 2018. Prior to that she had been working with Filippa at a different Pilates studio. Gayle suffered from an intermittent sore back, knee and neck issues. Over the years, Gayle had developed a postural kyphosis or 'round back', see photo 1 below. She believes this problem was the result of poor instruction and excessive weights prescribed by a personal trainer years earlier. Together, Gayle and Filippa embarked on a journey to gently elongate her spine to reinstate its natural curves. "Pilates, when done well and with proper instruction, in conjunction with the right movement education, can help deliver some amazing results", says Filippa.



Photo 1: Gayle displays a kyphotic posture, 'round back' and head forward.



Photo 2: Gayle today. Ideal neutral.

Over two years, Gayle's spinal alignment improved to the point that she would now be considered to have ideal neutral posture, see Image 1 below. Gayle tells me that family, friends and her clients have positively commented on her astonishing external physical transformation. However what we don't see is just as astonishing. A neutral ideal posture has seemingly numerous benefits. Here are just a few:

- Reduced low back pain
- Fewer headaches
- Increased energy levels
- Less tension in your shoulders and neck
- Decreased risk of abnormal wearing of the joint surfaces
- Increased lung capacity
- Improved circulation and digestion
- Reduced temporomandibular joint stress

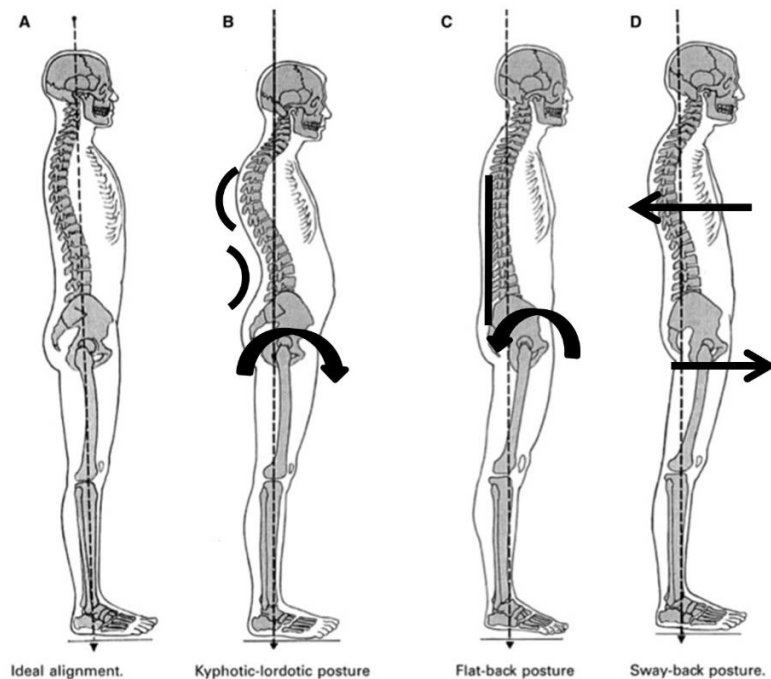


Image 1: Posture types

This image shows various posture types. Gayle initially had what is referred to as a 'Kyphotic-lordotic' posture, but now her posture would be categorised as 'Ideal'.

Gayle is thrilled with the results Filippa has helped her to achieve. She had worked with numerous Pilates instructors previously, but she clearly remembers the first time she worked with Filippa: "I knew Filippa would be the instructor I would subsequently follow. I remember racing home to tell my husband that I had found a great Pilates instructor!" Gayle says it is Filippa's passion, understanding of the body and commitment to each individual is what makes Filippa stand out in the crowd.

Wills Street Dental

The remarkable improvements in Gayle's body and the reduction of pain saw the return of her beautiful smile. Gayle's smile and her cheerful and engaging demeanour is key to her work - she is the face of the family business, Wills Street Dental, in Hawthorn East. Gayle is the welcoming presence at the dental practice's front desk and the warm and friendly voice on the other end of the phone. Her husband, Mark Bowman, is the dentist at the practice.



Gayle at Wills Street Dental

Gayle and her husband have over 30 years of experience in the dental field, providing expert advice and care to their patients, many of them long term. Patient focus is a cornerstone of their practice. "We've been privileged enough to see generations within families come through our doors, from parents to children, and now also their children" says Mark. On a more practical note, Mark jokes with Filippa in telling her that learning to brush his teeth was a steep learning curve - it took him five years at university! To this end, Mark has a tip to help us all remember how to brush our teeth well: the acronym GPS.

The letters in the acronym are explained as follows:

- Gums - remember to brush at the gum level
- Plan - have a designated tooth cleaning sequence that you routinely abide by
- Slow- take the time to brush each tooth thoroughly

Upcoming Falls Preventions Seminar


HAWTHORN
 UNIVERSITY OF THE THIRD AGE

PRESENTER: FILIPPA MINNELLI
COURSE TITLE: Functional Pilates presents Falls Prevention and Balance
DAY: TUESDAY Single session Tuesday 2 April **TIME:** 1.30 - 3.00
VENUE: Sinclair Avenue Campus Hall
COURSE CODE: 19HEA004
BOOKINGS: Telephone: (03) 9821 0282, E-mail: mail@u3ahawthorn.org.au
Website: www.u3ahawthorn.org.au

Despite the plethora of research, falls for people over 50+ is on the increase. Knowledge of key risk factors is your best protection. Filippa Minnelli is the Principal Pilates Instructor at Functional Pilates. She will review the research based evidence, help you identify your key factors and teach a few simple exercises to help you improve balance.

Gift Vouchers

Functional Pilates gift vouchers can be purchased for your loved ones.

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