

pilatesstyle NEWSLETTER



[Pilates Style](#) [Current Issue](#) [Subscriber Services](#) [Studio Finder](#) [Archives](#) [Contests](#) [Contact Us](#)

Welcome to the *Pilates Style* monthly newsletter.

Each month we bring you a calendar of the must-know Pilates events around the country, updates on our conferences, Pilates-related news, original feature articles and bonus material from the current issue of Pilates Style magazine.

We want to hear from you! If you have, or know of, a Pilates event, or have news to share with your community, email us at newsletter@pilatesstyle.com

calendar of events

click to find out
what's going on
in your area



5 Steps to Better Bone Health

In the July/August issue of Pilates Style, fitness editor Elizabeth Larkam tells us how to modify Pilates practice for osteoporosis and osteopenia. The National Osteoporosis Foundation gives us some practical tips for maintaining good bone health throughout the years:

1. Get enough vitamin D and calcium
2. Engage in weight-bearing exercise regularly.
3. Give up smoking and excessive drinking.
4. Talk to your doctor about bone health.

In This Issue

[5 Steps to Better Bone Health](#)

[Fire Up the Grill, Asian Style](#)

[Win a Pilatesstick Package](#)

[Ron Fletcher Looks Back](#)

[Beach-ready Tips](#)

[Show Me the Money](#)

[What's in Your Gym Bag?](#)

[Belly Busters](#)

[Close up: Side Kick-Leg Circles](#)

[Pilates in Portugal](#)

Win a Pilatesstick® Package!

Everyone's talking about Pilatesstick, the new tool that allows you to do Reformer and Cadillac work in small spaces, on the go, and on a budget. Now you can win your own! **Beginning July 7, 2008**, four lucky readers will win a Pilatesstick for home use, and one lucky studio owner will win a whole package-five Pilatesstick wall units (with new swiveling mounts) to use at the studio and five more to sell or give away!

The winners will be announced in the Nov/Dec issue of Pilates Style. Just send your name, studio name (if you're a studio owner), address, email and phone number to Pilates Style Giveaway, 250 West 57th St., Suite 710, New York, NY 10107.

[CLICK HERE FOR YOUR CHANCE TO WIN](#)

Limit one entry per person. Entries must be postmarked by August 31, 2008. We cannot be responsible for entries that are lost, late or misdirected. Contests are open to anyone except employees of Goodman Media and members of their immediate families.

5. Have a bone density test and take medication if appropriate.

Fire Up the Grill, Asian Style

This Fourth of July, why not color that red-white-and-blue with some intercontinental flair? Here's a menu to spice things up.

Curry Turkey Burgers

Use Ingredients

- 1 1/3 pounds ground turkey breast
- 2 scallions, thinly sliced
- Handful cilantro, chopped very fine
- 1-inch piece fresh ginger, grated or minced
- 2 cloves garlic, minced
- 1/2 red bell pepper, finely chopped
- Coarse salt to taste
- 2 tbsp. Thai Kitchen curry paste (green or red)
- Drizzle extra-virgin olive oil
- 5 crusty rolls, split

Directions

1. Brush or drizzle patties with extra-virgin olive oil. Grill patties 6 minutes on each side.
2. Place patties on split crusty rolls and top with lettuce, tomato and mango chutney.

Thai Summer Breeze

Ingredients

- 2 oz. Thai Kitchen Pure Coconut Milk (Regular or Lite)
- 2 oz. pineapple juice
- 2 oz. orange juice
- 2 oz. dark rum (optional)
- 4 oz. crushed ice

Directions

Combine coconut milk, pineapple juice, orange juice and rum. Blend until frothy and serve over

All entry forms will be entered into a random drawing by Pilates Style. The decisions made by the Pilates Style staff will be final in all matters. Odds of winning depend on total number of entries received. Winner will be selected after September 15, 2008. The prize will be sent to the address printed on the entry coupon on or around that date. Acceptance of prize offered gives permission to use winner's name, state of residence and/or likeness for purposes of advertising without additional compensation, unless prohibited by law.

Ron Fletcher Looks Back

By Elizabeth Larkam

[Click here to read a legend's reflections on 50 years of Pilates.](#)



Beach-ready Tips from Denise Austin

Dive into swimsuit season with these 5 steps.

[Click here to learn how.](#)



Show Me the Money

What would it take to get Americans off their butts and to the gym? Cold, hard cash according to a recent survey. Guardian Life Insurance Co. of America surveyed 473 American employees and found that 68 percent would adopt healthier lifestyles if their employers offered incentives like gifts, cash or extra vacation.

Thirty percent of the employees either currently participate in employer-led wellness programs or have in the past three years. Eighty-five percent of those people believe the programs have positively affected their health.

crushed ice.

What's in Your Gym Bag?

Pilates Style asks Lynne Robinson
[Click here to find out.](#)



Belly Busters

[Click here to learn how to keep that hour glass figure](#)
with Marcy S. Gregory.

Close-up: Side Kick-Leg Circles

By Linda Farrell

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Pilates in Portugal



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