

**“Physical fitness
is the first requisite
of happiness!”**

TOP 10 BENEFITS OF DOING PILATES

1. Enhance Motor Control
2. Improve Balance and Core Strength
3. Experience Positive Body Awareness
4. Increase Lung Capacity
5. Joint Health Improvement
6. Improve Posture & Reshape Your Body
7. Move with Quality
8. Increase Coordination
9. Improve Strength & Flexibility
10. Look Better Naked!

**\$250
INTRODUCTORY
PACKAGE**

1st Time Pilates Clients ONLY

5 sessions for \$250
(\$100 Savings)

Must be used within 2
weeks of activation date.

WHO SHOULD TAKE PILATES SESSIONS?

Everyone!

Pilates is recommended by dancers and athletes who use Pilates as a component for injury prevention and rehabilitation.

Pilates is also recommended by physical therapists, chiropractors, orthopedic surgeons and rehabilitation specialists for greater health.

Pilates is lower impact, putting less stress on the joints and eliminating impact and compression.

**WHAT IS THE DIFFERENCE BETWEEN
MAT AND APPARATUS WORK?**

Mat work is done on the floor using your own body weight.

An apparatus is spring loaded to add more resistance and assistance to improve your movement patterns.

**WHAT IS THE DIFFERENCE BETWEEN
PILATES AND YOGA?**

Yoga has moments of sustained movement while Pilates centers on fluid, flowing movement.

Pilates helps you improve your yoga poses by improving your core.

Pilates' physical movement patterns can be carried over into your true life, where as yoga is a journey.

HOW DO I BEGIN SESSIONS?

Call Kimberly Searl at 734.457.9003 or e-mail kim@mindbodybalance.com.

Sessions are available by appointment only.

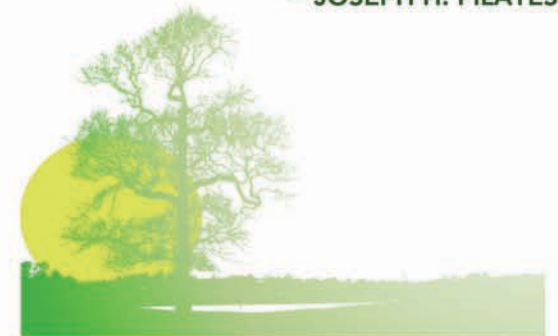
“When you get right down to the root of the meaning of the word 'succeed,' you'll find it simply means 'To follow through.'”

– F.W. Nichol

Classical Pilates with
**MIND/BODY:
BALANCE**

“In **10** sessions you will **FEEL** the difference.
In **20** sessions you will **SEE** the difference,
and in **30** sessions you will **HAVE A WHOLE NEW BODY.**”

– JOSEPH H. PILATES



Mind Body Balance
Your Global Fitness And Well-Being Studio

We inspire our clients to movement!

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WHAT CAN I EXPECT FROM PILATES?

- Physical movement and exercise designed to stretch, strengthen and balance the body.
- A systematic practice of specific exercises with focused breathing patterns.
- An invaluable fitness regimen and an important component to professional sports training and physical re-habilitation.
- A mind-body exercise technique, which produces many benefits if practiced 2-3 times weekly in 55-minute sessions.
- Balance and control of the body. This capacity spills over into other areas of one's life.
- Classically trained Pilates teachers dedicated to maintaining the original integrity of Joseph's work.

BRIEF HISTORY OF PILATES

Pilates is an exercise system that was developed by Joseph Pilates. As a child Joseph suffered from asthma, rickets and rheumatic fever. His desire to be healthy started his fascination with the body, which later led to the Pilates method or "contrology." Joseph overcame his limitations through exercise, bodybuilding, and his studies of Eastern, Greek and Roman physical regimens.

At 86 Joseph said, "I must be right. Never an aspirin; Never injured a day in my life; the whole country and the whole world should be doing my exercises. They'd be happier."

Joseph was a performer and boxer who lived in England at the outbreak of WWI and emigrated to the U.S. in 1926 where he married his wife Clara. Together they opened a fitness studio in New York sharing an address with the New York City Ballet. He trained clients until his death in 1967 at the age of 87.

Today millions of Americans practice Pilates and the numbers continue to grow.

KIMBERLY SEARL

Kimberly Searl is an accomplished integrated fitness professional. She holds a bachelors degree in Applied Science from Youngstown State University.

Kimberly is certified as a Personal Trainer, Master – Fitness by Phone® Coach, Classical Pilate's Teacher, 200 r.y.t. YogaFit® Instructor, Intuitive Eating Coach, and Group Exercise Instructor.

In 2007, Kimberly opened Mind/Body: Balance to specialize in designing exercise programs for special populations, diabetics, clients wanting and needing to make long-term lifestyle changes, and to inspire clients to transform their mind and body.

Kim helps her clients find life and body balance through learning and self-discovery that exercise is key to transforming your life.

“A few well-designed movements, balanced sequence, are worth hours of doing sloppy calishenics or forced contortion.”
– Joseph Pilates
Source: Pilates Method Alliance®, Peak Pilates®