

## New Studio Offers Pilates: The Multi-Vitamin of Fitness

The first time I walked into Jennifer Mongeluzo's Norwalk Pilates Centre for my "one free session," I was feeling cynical, if not intimidated. I had heard about Pilates for years, but had dismissed it as just another fitness fad (remember Tae-Bo?) or as some sort of workout for hottie celebrities or the very serious and already-fit. While I've never been one to belong to the (questionably) enviable group who jumps out of bed nearly every day for a 5K run, hits the gym six days a week to pump iron, has personal trainers and eats a pristine diet of lean protein and 400 fruits and vegetables a day, I haven't exactly been sitting around on my couch eating Mallowmars either.

For years, I have walked that sometimes-thin and sometimes-a-little-fatter line between my beloved martinis and a flat stomach, between a couple of slices of John's Best pizza and slimmer thighs, between a life of sweat and strain and a life lying by a pool. I've worked out with a fair amount of consistency, if not exactly zeal or even much enthusiasm, since my 20s and I've alternated between a diet of lentil salads and grilled chicken and occasional, blissful meals of lasagna and cheesy Caesar salads with giant croutons.

Now at age 46, however, that line, along

No longer does my body respond to the old workouts. Minor injuries are aggravated by the routines I have always counted on to strike the balance between my desire to be relatively fit and my passion for food and wine. Suddenly, my metabolism has checked into premature retirement. By the time I decided to try Pilates, parts of my body that I always counted on as safe zones had gone to pot. So, desperate for any sort of solution, I put my cynicism in check and decided to try Pilates.

The first, rather startling thing about The Pilates Centre, located at 650 West Ave., is the casual and comfortable atmosphere. The six trainers, while all young and predictably, painfully beautiful, nevertheless display a self-deprecating and disarmingly humorous tone and virtually every person who sets foot inside is greeted warmly and with a welcome rarely found in a fitness facility. The group is so friendly and fun, in fact, that you almost fail to notice the large reformer apparatus that brings to mind some sort of medieval instrument of torture. Far from it, the equipment, in its ability to be adjusted and completely reconfigured to the specifications of every individual body, offers virtually unlimited ways to strengthen, stretch and heal what ails you. In fact, it was the rehabilitative property of the technique that first brought Mongeluzo to the practice.

A Long Island native who now resides in Rowayton, Mongeluzo has been immersed in the world of health and fitness since she was a very young. Her mother, she said, was an "exercise queen" and a body builder and even as a small child, she found herself drawn to physical pursuits, starting with dance and moving into aerobics and a diversity of sports including soccer, softball, lacrosse and skating. By age 15, she was teaching aerobics classes at small gyms and in private sessions at people's homes. She attended the University of Michigan School of Dance and while in Ann Arbor, she continued with teaching. After earning her degree, she moved back to New York where she was hired to teach sports conditioning classes at New York Sports Clubs in the city. A tireless and competitive sports enthusiast and runner, her passion drove her to learn discipline after discipline, obtaining certifications in a variety of different fitness regimes and even to create her own unique classes that combined different workout formulas. At age 28, however, the years of relentless activity caught up with her and Mongeluzo found herself suffering from compressed lower lumbar discs.

"Nothing helped," she recalled. "I tried chiropractic, and hated it. Stretching, massage none of it even touched the problem. Then a friend of mine who was teaching Pilates talked me into trying it, promising it would actually help my back."

She was skeptical, but it was this one session that changed the entire course of her life and career.

"Aside from the fact that I had never, ever experienced such a challenging workout, I woke up the next morning, after one session, and my back pain was gone. Not just better, but gone. That was it. From that moment, I turned my whole life into the pursuit of this practice and I've never looked back," she said. "It sold itself to me and I wanted to provide it to clients of my own. I just couldn't believe how well my body responded to it and how specifically it could be tailored to individual needs, problems or injuries."

Mongeluzo immediately set about obtaining certification, which, unlike those for other forms of fitness, is no small task. The training takes several months, followed by a total of 400 hours of apprenticeship and student teaching and rigorous written and hands-on testing. Afterwards, taking a job as Pilates manager at the Equinox gym in Mamaroneck, NY, it took only a year for her program to become number one in an area surrounded by dedicated Pilates studios. After a brief stint at Equinox in Darien, it was time for her to strike out on her own. Having already moved to Rowayton, Norwalk seemed a logical location. Home on West Avenue

Last Thursday, after a year of renting a small room in the basement of the Ballet Etudes dance studio on Wall Street, Mongeluzo celebrated the opening of her fresh new space on West Avenue with a reception attended by more than 75 people. The 2,600-square-foot studio includes eight

reformers as well as cardiovascular equipment like elliptical trainers, treadmills and a separate room where spinning classes will also be taught. While Pilates can be pricey, clients are invited to use the cardio machines for no extra charge, an unusual bonus. The reason the practice is expensive, according to Mongeluzo, is because of the extent of the training required as well as the rehabilitative and therapeutic principles involved that instructors are able to pass along.

But there are ways to cut costs, through sharing sessions with a friend or with up to four people total. The studio also offers referrals for nutritional support and other wellness therapies for those interested.

As for me, it has now been five months since I started Pilates. As I put my white jeans on this weekend, the ones I haven't been able to squeeze into in two summers, and found the fit even included a little extra room in the thigh, there is no question as to the change in my body. My nagging hip pain seems to have vanished. And there's something else: I actually look forward to my time at The Pilates Centre, although I have spent many a morning-after cursing my instructor for the unbelievable soreness in one muscle group or another.

Some days you'll be greeted by Boomer, Mongeluzo's Australian Shepherd mix puppy who bounds out for a quick pat on the head. Other times, I get in a quick chat with one of the other clients with whom I've become friendly in the congenial studio where we're all in it to get our butts kicked together.

"Pilates is like the multi-vitamin of fitness," said Mongeluzo. "It fills in where all the other fitness routines, and our daily lives, fall short. And it doesn't hurt if you can do it and have a good time."

For information on The Pilates Centre, or to make an appointment for a free session, call 852-1111, email the pilatescentre@yahoo.com, or visit [www.thepilatescentre.net](http://www.thepilatescentre.net).

Add in health food have vitamin A, vitamin D, vitamin E, vitamin K and b-carotene, the latter two under normal circumstances the use of relatively small. In view of the characteristics of fat-soluble vitamins and sample matrix, the sample in the general needs of saponification after the organic solvent extraction after the determination.

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General Add retinol acetate and retinol palmitate one of the two or both are added. Under normal circumstances complicated by the need to sample saponification reaction of one of retinol. Relatively simple components of tablets and capsules were extracted samples can be directly in retinol acetate or Retinol palmitate. You can use products such as milk or trypsin-processing, solvent extraction after the determination of retinol-acetate or Retinol palmitate.

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Under normal circumstances is to add vitamin D2 and vitamin D3 in one. At present the analysis of vitamin D is not such as vitamin A and vitamin E mature, main reason for the low-level, pre-loss process, vitamin E and more difficult to separate. Now is the approach taken by methanol acetonitrile + water

At present the establishment and promotion of a systematic analysis of the way through the choice of multi-wavelength ions on the high-performance liquid chromatography analysis can solve the vitamin B1, vitamin B6, niacin and niacinamide, vitamin C analysis. Biotin and pantothenic acid and folic acid to be a separate high-performance liquid chromatography analysis of the conditions. Vitamin B2 Spectrophotometric analysis by fluorescence.

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In addition to deep color, low levels, natural plant stem products, the general sample of vitamin C can be used iodine solution titration determination. Determination of the use of vitamin C can make use of vitamin B6 (Pyridoxine), nicotinic acid and nicotinamide mobile phase system, because vitamin C retention shorter, which can reduce the ratio to 5 acetonitrile %. Solvent extraction, as far as possible the use of water in order to avoid a inverted front-accurate results of the quantitative impact.

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Folic acid research direction: The detection of a large number of actual samples, found in the Chinese caterpillar fungus and other natural products

with folic acid in the retention time for a complete agreement on substance, many samples of folic acid in the lower, to be adopted, such as solid-phase extraction technology as Pre-treatment methods.

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Vitamin B12 chemical analysis is still a problem, the higher levels, a simple composition of the raw materials and additives for high-performance liquid-Gou-the raw materials and additives for high-performance liquid color of a variety of miscellaneous loss of vitamin sample analysis is being explored Way.

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Vitamin B12 of progress: Although vitamin B12 are three characteristics of wavelength, but not in samples of treated cases, it is very difficult analysis in solution mecobalamin very vulnerable to cyanide-amine-cobalt, mecobalamin-, hydroxyl mecobalamin Such as several forms of co-existence of the phenomenon. To avoid such problems, and better to remove the interference of impurities in the samples and samples of vitamin B12 for enrichment, by adding surfactant, salt out, organic solvent extraction methods such as removing impurities, and then through the solid phase extraction Law enrichment means.

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Carnitine the use of spectrophotometry relatively complex testing, Determination of relatively simple. Determination of using the same carnitine use of vitamin B6 (Pyridoxine), nicotinic acid and nicotinamide mobile phase, the retention time carnitine Although vitamin C than the long but still relatively short, so mobile Vitamin C can be the same with the same. Solvent extraction, as far as possible the use of water or pH

## About the Author

From [www.norwalkcitizen-news.com](http://www.norwalkcitizen-news.com):

Health Food Vitamin, Vitamin Nutrition Supplement, Whole Food Vitalerbs Vitalerbs, a whole health food multi vitamin and mineral.

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