

Pilates *Perfection*

*Northern Rivers Pilates and Remedial Massage Studio
combines two disciplines for optimum well-being*



STRETCH: The Pilates reformer.

PHOTO: BRAND X PICTURES

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PILATES is for everyone; from elite athletes to people looking to lose weight or get fit, through to those who have just gone through surgery, the benefits of Pilates can be enjoyed by anyone.

Pilates instructor Kimberley Garlick has just opened the Northern Rivers Pilates and Remedial Massage Studio along with remedial masseuse Russel Nel.

"I've had clients come to me with a walking stick and after some time they don't need it anymore," she says.

A dancer for over 20 years, Kimberley quickly caught onto Pilates. She owned her own studio in Sydney before moving to the Northern Rivers two years ago.

"Dancers were attracted to Pilates for the long, lean muscles and posture," she says.

"What I loved about it was it is very nurturing for your spine.

"Pilates is about alignment, deep core control and switching on small muscle groups. There's assistance and resistance; good to get your body working the best it can."

Pilates also uses different machines like the wunda chair, trapeze table, a reformer and other small apparatus. The equipment used by Northern Rivers Pilates and Remedial Massage Studio was designed by Joseph Pilates and is unique to the discipline.

While the studio has only been open for two weeks, Kimberley says the diary has been filling fast.



Pilates is about alignment, deep core control and switching on small muscle groups. And it is very nurturing for the spine.

The space is light and airy with a really friendly and inviting atmosphere.

Of the people who attend classes, Kimberley says it's a real combination.

"We get people in who have never seen the equipment before and some newcomers are bamboozled by it to start with and others who have travelled and are looking for a class."

Kimberley tries to tailor classes to suit individual skill levels with one-on-one, one-on-three or classes of about 10.

"We modify every exercise to either make it easier or advanced."

Classes are one hour in length and those interested are encouraged to pre-book a time by phone so that Kimberley can assess your skill level.

And the inclusion of a remedial massage clinic is just icing on the cake.

Russel used to run the massage clinic under the post office on Conway St and is also trained in Pilates. He understands how the two can work hand in hand and clients will often take advantage of both.

"(He) designs the massage for the body; it's not just a generic massage," Kimberley says.

"Massage helps to soften through the superficial muscle so that the role of the deeper muscle works."

Contact the studio on 6622 0057, Kimberley on 0411 622 330 or email kimberley.garlick@bigpond.com. Call Russel on 0403 863 362

THE FIVE STAGES OF GRIEF

How do you rate on death's anxiety scale?

WE live and we die, but knowing this doesn't make losing someone or facing your own mortality any easier.

Psychologist Rachael Sharman said everyone was affected differently by death and could be placed on the "death anxiety" scale.

This psychological phenomenon places people on this scale based on how they feel about death, from having a very low death anxiety to a very high level death anxiety.

If you are at the lower end of the scale, you accept death is an inevitable part of life and deal with it just as you would any other issue.

But if you are on the higher end of the scale, you tend to be scared of the thought of death, whether it will hurt, when it will happen, how it will happen and also about losing loved ones.

Dr Sharman said most children under the age of 10 might not fall into this spectrum as they did not comprehend the permanency of death.

As an example, children were used to cartoon characters like Wile E Coyote consistently coming back to life.

Eventually kids find out, usually from losing a pet, that you can't bring things back to life.

But Dr Sharman said people sometimes needed help coping

with death or finding out they were terminally ill.

"Not everyone goes through the Five Stages of Grief – some people experience a couple of stages, some move through them at a quicker pace or skip a few steps – we all grieve in our own way," she said.

But for many people, the five stages will see them go through denial, anger, bargaining, depression and acceptance.

One woman who has had to come to terms with her own mortality is Kathy Raedel, and she said palliative care was the place which helped her the most.

The 56-year-old is battling breast cancer and has had three stays in a palliative facility.

She said she "was a mess" when she first went in but had been set up with pain management, and offered a multitude of services which included social workers, dieticians and occupational therapists.

"It was a home away from home," she said.

"They help you through the process of dealing with your mortality.

"I am grateful for everything they have done for me and astonished by the services they provide for people in need of help."

IF ONLY

A palliative care nurse shares the most common regrets of her dying patients.

- I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- I wish I didn't work so hard.
- I wish I'd had the courage to express my feelings.
- I wish I had stayed in touch with my friends.
- I wish that I had let myself be happier.



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