

WOMEN'S health & fitness

Australia

VOL. 14 NO. 10
AUST \$6.95 INC GST
N.Z. \$9.50 INC GST



**10 WAYS
TO POWER
UP YOUR DAY**

**FIT &
FEMININE**
WE SHOW
YOU HOW!

Fast food
minus
the calories

**WOMEN
WITH MUSCLE**
Freaks or
fitness fanatics?

**JESSICA
ALBA**

Her post-baby
body diet plan
& training
secrets!

**THE DO
ANYWHERE
WORKOUT**

**SECRETS TO
A HOTTER
& HAPPIER
RELATIONSHIP**

**RAMSAY'S
HEALTHY
FEEDS!**

Gordon shares
his top tips

YOUR BEST BODY NOW!

Training tips & nutritional advice

Print Post Approved PP352583/00631
Display Women's Interest



**THE LATEST FITNESS FASHIONS • HEALTHY COMFORT
FOOD • PERFECT PORTION CONTROL • BEAUTY ON
VACATION • FISHY SNACKS ROADTESTED**

POSITIVE PILATES

In the spirit of breast cancer month, we caught up with Doreen Puglisi founder of the Positive Pink Ribbon Pilates Program



1. What prompted you to start the Positive Pink Ribbon Pilates Program?

With a degree in Exercise Physiology, I opened a fitness studio specialising in clients with specific medical needs. One of these specialisations was breast cancer rehabilitation.

I began Positive Pink Ribbon Pilates because there was no specific program for breast cancer patients that filled the void between surgery and recovery.

Pilates, itself, originated as a rehabilitation program. Based on its principles of proper alignment, stabilisation, correct posture, improving flexibility and full range of motion without stressing the joints of the body, I believed it was a perfect fit for the rehabilitation of breast cancer patients.

I began the program in 2002 and two years later was diagnosed

with breast cancer. I used my own program to rehabilitate myself. It was through my own experience that I realised the importance and benefits of the program.

I wanted to be able to reach out to more breast cancer patients than I could possibly see in my own studio so I created a training/certification program. There are now over 200 certified Positive Pink Ribbon Pilates Instructors throughout the United States.

Mount Franklin has provided me with the opportunity to reach more people across the globe.

2. How does breast cancer affect self-esteem and body image?

The diagnosis of any type of cancer is life changing, which can affect women's self esteem.

Unlike other cancers, breast cancer carries with it the physical alteration of a woman's body.

When breasts are altered, through a lumpectomy, or removed through a mastectomy, the way we view our own body and the way others view us changes. I hope my program will help women embrace life and accept their new body image.

For women diagnosed before 45 years of age, many live with a shadow of fear for the remainder of their lives. In a bid to identify better coping mechanisms, this Pink Ribbon Month, Mount Franklin will fund a specific research project led by clinical psychologist Dr Belinda Thewes, which looks into the fear of recurrence in breast cancer survivors diagnosed before 45 years of age. This will help survivors live life to the fullest.

3. How can family, friends and colleagues support breast cancer survivors?

Different people cope in different ways so it is about creating a strong support network for the person you love. Let your sister, mother, wife or girlfriend know you are there for them.

Education will help you understand and come to terms with what your loved one is going through.

4. What have been some of your success stories to date?

There have been many success stories over the years but one patient, Nancy, really stands out in my mind. Prior to her diagnosis, she had been an avid cyclist but just a year on from surgery she had become afraid to do too much physical activity.

Nancy began the Positive Pink Ribbon Pilates Program in February 2007 and in less than six months she was not only cycling again, she felt stronger and full of confidence.

Nancy said prior to her finding us, she felt lost, as though she was never going to get her life back. Now, she has reclaimed control of her life with renewed confidence, physical ability and above all a positive outlook for the future. For me, that's success!

5. Is your program only for breast cancer survivors?

The Positive Pink Ribbon Pilates Program was originally designed specifically for breast cancer survivors and continues to operate as such in the US. But for the first time, thanks to Mount Franklin's, the program will be brought to Australia for all Australians.

I will be touring the country this October to help Mount Franklin launch the Positive Pink Ribbon Pilates rehabilitation exercise program, encouraging Australians to think and act positively, while increasing the awareness of breast cancer research.

Everyone is invited to attend Mount Franklin's Positive Pink Ribbon Pilates. The program is geared towards empowering women with the knowledge and strength to grow and maintain their physical and mental well-being, ultimately allowing them to embrace life. To find the details of a class near you visit www.thewellofpositivity.com/positivepilates. *

