



# WELCOME TO PILATES 1901

Today's Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_ City, State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Mobil phone \_\_\_\_\_ Cell Phone provider \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Birthday \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone \_\_\_\_\_ Relative? \_\_\_\_\_

How did you hear about Pilates 1901? \_\_\_\_\_

## **Please indicate your personal health and fitness goals:**

Core strength       Weight loss       Reduce Stress  
 Muscle tone and strength       Rehab for injury       Improve flexibility  
 Athletic Performance       Other: \_\_\_\_\_

What are your personal health and fitness goals, and how do you envision your trainer helping you achieve those goals? \_\_\_\_\_

\_\_\_\_\_

What obstacles are keeping you from your goal? \_\_\_\_\_

\_\_\_\_\_

Are you currently involved in an exercise program? \_\_\_\_\_

If yes, what are you doing? \_\_\_\_\_

\_\_\_\_\_

Do you smoke? \_\_\_\_\_ Do you drink alcohol? \_\_\_\_\_ If yes, how many per day? \_\_\_\_\_

How many hours per night do you sleep on average? \_\_\_\_\_

How much water do you drink per day? \_\_\_\_\_

What is your occupation? \_\_\_\_\_

## PAR-Q QUESTIONNAIRE FOR PEOPLE AGED 15-69

Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. Please read the question carefully and answer each one honestly: check **YES** or **NO**.

	YES	NO	COMMENTS
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?			
Do you feel pain in your chest when you do physical activity?			
In the past month, have you had chest pain when you were not doing physical activity?			
Do you lose your balance because of dizziness or do you ever lose consciousness?			
Do you have a bone or joint problem that could be made worse by a change in your physical activity?			
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?			
Do you know of any other reason why you should not do physical activity?			

### **If you answered yes to one or more questions...**

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

### **If you answered no to all questions**

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active. Begin slowly and build up gradually. This is the safest and easiest way to go. Take part in a fitness appraisal. This is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

**Please note:** If your health changes so that you then answer **YES** to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

### **Informed Use of the PAR-Q.**

Pilates1901, LLC assumes no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire consult your doctor prior to physical activity. I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction

Date \_\_\_\_\_ Name \_\_\_\_\_

Signature \_\_\_\_\_

Witness \_\_\_\_\_

**Signature of Parent or GUARDIAN**

(for participants less than 18 years of age) \_\_\_\_\_

# PILATES AND POSTURE

Good posture can help us to attain (and retain as we age) maximum flexibility, strength, resiliency, and mobility of the spine. This is a goal well worth aiming for, and regular Pilates workouts can help you achieve it — because postural awareness is built right in to every exercise.

EXAMINE THE FOLLOWING IN RELATIONSHIP TO MIDLINE:

## SIDE VIEW

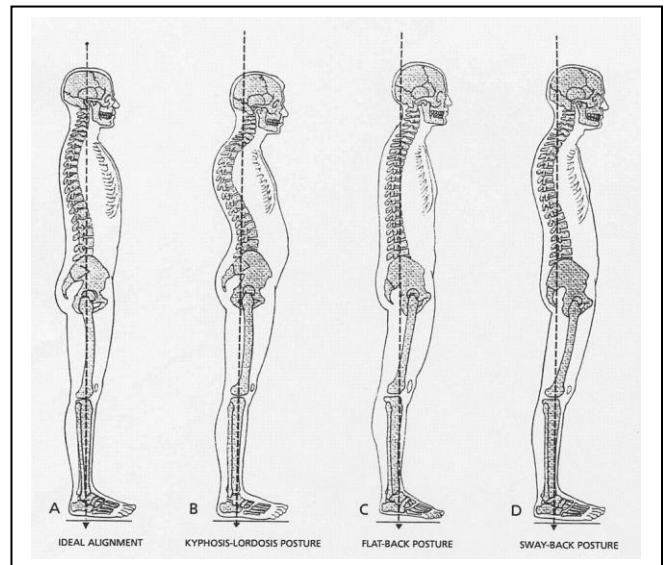
- Head  
 \_\_neutral  
 \_\_forward
- Cervical Spine  
 \_\_neutral  
 \_\_flat  
 \_\_excessive extension
- Thoracic Spine  
 \_\_neutral  
 \_\_flat  
 \_\_excessive flexion-kyphotic
- Lumbar  
 \_\_neutral  
 \_\_flat  
 \_\_excessive extension-lordotic
- Pelvis  
 \_\_neutral  
 \_\_anterior pelvic tilt  
 \_\_posterior pelvic tilt
- Hips  
 \_\_neutral  
 \_\_flexed  
 \_\_extended
- Knees  
 \_\_neutral  
 \_\_flexed  
 \_\_extended
- Ankle Joint  
 \_\_neutral  
 \_\_plantar flexed  
 \_\_dorsiflexed

## FRONT VIEW

- Head  
 \_\_straight  
 \_\_tilted R L  
 \_\_shifted R L  
 \_\_rotated clockwise  
 \_\_rotated counterclockwise
- Shoulders  
 \_\_level  
 \_\_elevated R L
- Rib Cage  
 \_\_neutral  
 \_\_rotated clockwise  
 \_\_rotated counterclockwise  
 \_\_shifted R L
- Pelvis  
 \_\_level  
 \_\_elevated R L  
 \_\_rotated clockwise  
 \_\_rotated counterclockwise
- Knees  
 \_\_neutral  
 \_\_knock kneed  
 \_\_bow legged
- Feet  
 \_\_inverted  
 \_\_everted

## BACK VIEW

- Femur  
 \_\_neutral  
 \_\_medial rotation R L  
 \_\_lateral rotation R L
- Scapula  
 \_\_neutral R L  
 \_\_protracted R L  
 \_\_retracted R L  
 \_\_elevated R L  
 \_\_depressed R L  
 \_\_upwardly rotated R L  
 \_\_downward rotated R L  
 \_\_winging R L  
 \_\_anteriorly tipped R L
- Roll forward  
 \_\_rolls sequentially through vertebra  
 \_\_are there flat areas?  
 \_\_any signs of lateral curvature?



How is your posture? Here is what we found.

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Here's how Pilates can help to improve your posture.

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<b>GIRTH MEASUREMENTS</b>						
Date						
Chest						
Arms	R L	R L	R L	R L	R L	R L
Waist						
Hips						
Thighs	R L	R L	R L	R L	R L	R L
Knees	R L	R L	R L	R L	R L	R L
Calves	R L	R L	R L	R L	R L	R L
<b>Total</b>						

<b>BODY COMPOSITION</b>						
Date						
Tricep						
Pectoral						
Mid Axilla						
Subscapula						
Abdomen						
Suprailiac						
Quadriceps						
<b>Total</b>						



### TARGET WEIGHT AND BODY FAT%

DATE	CURRENT BF%	LBS FAT	LBS LBM

**Target BF%** \_\_\_\_\_ **Target Weight** \_\_\_\_\_  
 Pounds Body Fat \_\_\_\_\_ Pounds Lean Body Mass \_\_\_\_\_



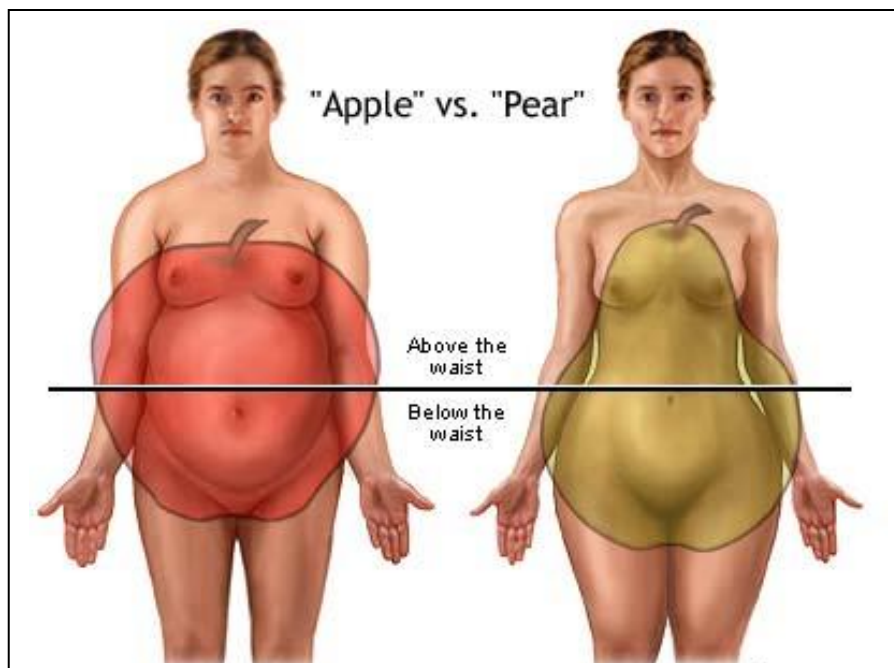
## Waist to Hip Ratio

*Waist to Hip ratio is your waist measurement at the narrowest point and your hip measurement at the largest protrusion. Divide the waist measurement by the hip measurement for your waist to hip ratio.*

### Waist to Hip Ratio Chart

Male	Female	Health Risk Based Solely on WHR
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk

Your health is not only affected by how much body fat you have, but also by where most of the fat is located on your body. People who tend to gain weight mostly in their hips and buttocks have roughly a pear body shape, while people who tend to gain weight mostly in the abdomen have more of an apple body shape.



If you have an apple shaped body rather than a pear shaped body, you are at increased risk for the health problems associated with obesity, such as diabetes, coronary heart disease and high blood pressure - that's something you inherited, and have had since birth - but you can take special care to keep your weight at a healthy level, eat nutritiously, exercise as appropriate, and maintain other healthy lifestyle habits.

As long as you avoid excess weight, being an apple shaped body or a pear shaped body doesn't put you at special risk - it's just one of those things to keep in mind. And even pear shaped people should take particular care to keep their weight within normal limits, to avoid the health problems associated with obesity.

## Body Mass Index

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing. BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.



For example, here are the weight ranges, the corresponding BMI ranges, and the weight status categories for a sample height.

Height	Weight Range	BMI	Weight Status
5' 9"	124 lbs or less	Below 18.5	Underweight
	125 lbs to 168 lbs	18.5 to 24.9	Normal
	169 lbs to 202 lbs	25.0 to 29.9	Overweight
	203 lbs or more	30 or higher	Obese

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 and Above	Obese



## BMI Formula and Calculations

	Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$
<b>Pounds and inches</b>	<p>Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.</p> <p><b>Example: Weight</b> = 150 lbs, Height = 5'5" (65")            Calculation: <math>[150 \div (65)^2] \times 703 = 24.96</math></p>

## Basal Metabolic Rate

Your basal metabolic rate, or **BMR**, is the minimum calorific requirement needed to sustain life in a resting individual. It can be looked at as being the amount of energy (measured in calories) expended by the body to remain in bed asleep all day! **BMR** can be responsible for burning up to 70% of the total calories expended, but this figure varies due to different factors. Calories are burned by bodily processes such as respiration, the pumping of blood around the body and maintenance of body temperature. Obviously the body will burn more calories on top of those burned due to **BMR**.

**BMR** is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight. **BMR** is determined by a combination of genetic and environmental factors, as follows:

**Genetics.** Some people are born with faster metabolisms; some with slower metabolisms.

**Gender.** Men have a greater muscle mass and a lower body fat percentage. This means they have a higher basal metabolic rate.

**Age.** **BMR** reduces with age. After 20 years, it drops about 2 per cent, per decade.

**Weight.** The heavier your weight, the higher your **BMR**. Example: the metabolic rate of obese women is 25 percent higher than the metabolic rate of thin women.

**Body Surface Area.** This is a reflection of your height and weight. The greater your Body Surface Area factor, the higher your **BMR**. Tall, thin people have higher **BMRs**. If you compare a tall person with a short person of equal weight, then if they both follow a diet calorie-controlled to maintain the weight of the taller person, the shorter person may gain up to 15 pounds in a year.

**Body Fat Percentage.** The lower your body fat percentage, the higher your **BMR**. The lower body fat percentage in the male body is one reason why men generally have a 10-15% faster **BMR** than women.

**Diet.** Starvation or serious abrupt calorie-reduction can dramatically reduce **BMR** by up to 30 percent. Restrictive low-calorie weight loss diets may cause your **BMR** to drop as much as 20%.

**Body Temperature/Health.** For every increase of 0.5C in internal temperature of the body, the **BMR** increases by about 7 percent. The chemical reactions in the body actually occur more quickly at higher temperatures. So the more often you get your body temperature up, the more kcal you will burn!

**External temperature.** Temperature outside the body also affects basal metabolic rate. Exposure to cold temperature causes an increase in the **BMR**, so as to create the extra heat needed to maintain the body's internal temperature. A short exposure to hot temperature has little effect on the body's metabolism as it is compensated mainly by increased heat loss. But prolonged exposure to heat can raise **BMR**.

**Glands.** Thyroxin (produced by the thyroid gland) is a key **BMR**-regulator which speeds up the metabolic activity of the body. The more thyroxin produced, the higher the **BMR**. If too much thyroxin is produced (a condition known as thyrotoxicosis) **BMR** can actually double. If too little thyroxin is produced (myxoedema) **BMR** may shrink to 30-40 percent of normal. Like thyroxin, adrenaline also increases the **BMR** but to a lesser extent.

**Exercise.** Physical exercise not only influences body weight by burning calories, it also helps raise your BMR by building extra lean tissue. (Lean tissue is more metabolically demanding than fat tissue.) So you burn more calories even when sleeping!

### Short Term Factors Affecting BMR

Fasting, starving or malnutrition all result in a lowering of BMR. This lowering of BMR can be one side effect of following a diet and nothing else. Dieting and caloric restriction alone will not be as affective as dieting and increased exercise. The negative effect of dieting on BMR can be offset with a positive effect from increased exercise.

### Quick and EZ BMR Formula

**Women:**  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

**Men:**  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

*Remember, leaner bodies need more calories than less leaner ones. Therefore, this equation will be very accurate in all but the very muscular (will underestimate calorie needs) and the very fat (will over-estimate calorie needs).*

**BMR usually accounts for about two-thirds of total daily energy expenditure.** BMR may vary dramatically from person to person depending on genetic factors. If you know someone who claims they can eat anything they want and never gain an ounce of fat, they have inherited a naturally high BMR.

BMR is at it's lowest when you are sleeping undisturbed and you are not digesting anything. It is very important to note that the higher your lean body mass is, the higher your BMR will be.

**This is very significant if you want to lose body fat because it means that the more muscle you have, the more calories you will burn.** Muscle is metabolically active tissue, and it requires a great deal of energy just to sustain it. It is obvious then that one way to increase your BMR is to engage in weight training in order to increase and/or maintain lean body mass. In this manner it could be said that weight training helps you lose body fat, albeit indirectly

