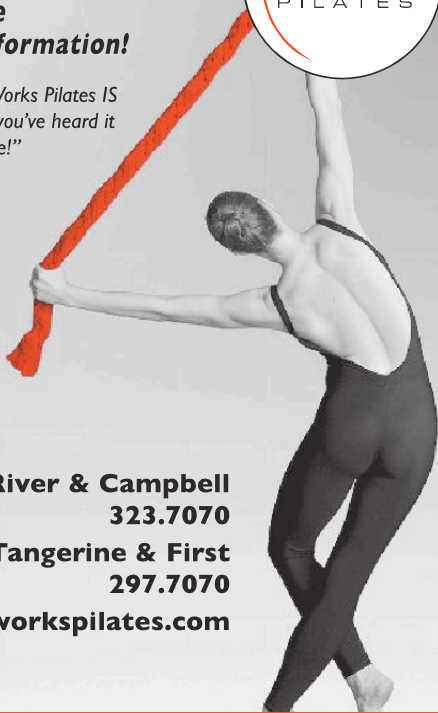


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2 YOUR HEALTH

Editor's Note: "2 Your Health" is a new column in the SaddleBrooke Progress dedicated to health issues. Each month different doctors and/or medical associations, from varying specialties, will be writing on issues of importance. Articles are based on experiences and independent research conducted by the doctors or medical associations. We encourage anyone considering changing medications and/or altering medical therapy, as a result of information contained in these articles, to consult your doctor first. Robson Publishing, a division of Robson Communities, Inc. is not liable for information contained in these articles.

Pilates for Life

Kyria Sabin

The body's ability to move with balance, grace, and strength is among life's greatest treasures. It's a gift teenagers at play take for granted, great athletes exploit, and our most gifted dancers perfect. In the context of this most life-affirming physical ability, it's easy to understand the meteoric rise in popularity of the Pilates fitness and conditioning method.

Arguably the most effective physical conditioning program in existence, Pilates provides a full-body strength, conditioning, and flexibility program without stressing the spine and the joints. Posture is improved, core strength developed, and balance and coordination are enhanced, making everything one does easier, more fluid, and more graceful.

Whether your goal is to lose weight, improve your tennis or golf games, or to have more energy for children, grandchildren, or an active life, a Pilates fitness regimen—directed by a comprehensively trained and certified professional Pilates teacher—can help practitioners discover and maximize their own individual movement potential.

The following are some common benefits enjoyed by those who practice Pilates on a consistent basis:

1) Core Strength

Pilates focuses on core and spinal initiation. Pelvic stabilization coupled with spinal elongation is key to making all movement easier, more fluid and more stable. Within two to three sessions, clients begin to notice a difference in the way they carry themselves, in their sense of "length," in reduced back tension and pain—and in the way their clothes seem to fit (looser!)

2) Joint Decompression

Because many of the initial exercises are performed in a supine position, pressure is taken off the spine, hips, and knees; and it becomes possible to focus on elongating

the body and on decompressing the joints. Emphasis is placed on engaging smaller, intrinsic muscles to support each joint and to learn how to track each joint within its natural range of motion.

3) Balanced Body

More than any form of exercise, Pilates helps to balance muscular development and increase movement awareness. Just as machines can wear out from overuse and inadequate maintenance, the body can also wear out by moving without attention to symmetry and balance. Pilates emphasizes balancing the right/left, upper/lower, and front to back parts of the body.

4) Increased Energy

Because the body is never worked to exhaustion, instead of feeling worn out at the end of a Pilates session, practitioners report feeling energized, relaxed, and ready to face the rest of their day. A competent Pilates teacher will always emphasize focused breathing techniques that ultimately oxygenate and energize the body.

While Pilates is often introduced at health clubs and gyms in the context of group mat classes, I have found in my 20+ years of teaching that the greatest benefits are realized in private or semi-private studio sessions using the full range of equipment designed by Joseph Pilates and perfected by Master Teacher Ron Fletcher.

Most private sessions begin with an initial postural and basic moving assessment followed by a session to establish goals. To reach your goals, three sessions per week is ideal.

Kyria Sabin is a Master Teacher and Disseminator of Fletcher Pilates, an international Pilates presenter, and owner and director of Body Works Pilates in Tucson, Arizona. She is also owner and senior director of The Ron Fletcher Program of Study, the most comprehensive Pilates teacher training program in existence. ☉

Medical tourism, quality medical services at a fraction of the cost

Martha F. Tadlock

Every year, thousands of individuals travel to other countries to receive medical treatment in what is known as medical tourism. This is also true to the United States. The increasing costs of health care in the U.S. have caused individuals to look abroad for medical services where they can reduce costs up to 70%. Some people are attracted by the cost savings of having a medical procedure performed outside the U.S., but are concerned about the safety and quality of services provided abroad. We will explain some of the benefits and procedures of medical tourism in particular to the State of Sonora, Mexico.

Costs Savings

You might be asking yourself about the actual cost savings of having a health care procedure conducted in Sonora in comparison to the U.S., and let us tell you that they can be significant. The average cost of a knee replacement in the U.S. is \$40,000, while in Sonora it's around \$15,000. The same costs are average for a hip replacement procedure. Dental services are usually half of what it would cost in the U.S.

Sonora Hospitality

The State of Sonora, Mexico, has initiated a program to better service individuals traveling from the U.S. into several Sonora cities to receive health care, from a hip replacement to a root canal. Sonora Hospitality is a program that provides the best health care services with an exceptional quality.

The State of Sonora has many hospitals that have undergone strict certification programs, including accreditation by the Joint Commission International. At the same time, many doctors and dentists practicing in Sonora have studied in the U.S. and continue to update their certifications and studies in the U.S.

Several hospitals, doctors, and dentists provide outstanding services at a fraction of the cost, but still potential patients are sometimes afraid of all the details involved in medical tourism. For such reasons, Sonora Hospitality has teamed with a medical tourism facilitator, International Medical Services L.L.C., a U.S. company that assists patients with all the process involved with medical tourism.

Medical Tourism Facilitator

International Medical Services, L.L.C., INTERMED contacts a patient to have a dialogue and guide him or her through the process of traveling for medical services, including making transportation and lodging arrangements. If the person decides to travel to Sonora to undergo a medical or dental procedure, International Medical Services could arrange for a concierge to be readily available to the patient for the duration of his or her stay in Sonora.

More Information

You can e-mail info@sonorahospitality.com or call toll free 1-877-990-HEAL to speak with a representative that can answer any questions and will assist in the process of getting a non-obligation quote from a hospital, doctor, or dentist in Sonora. ☉

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