

# Pilates of Penzance!

## The Body Conditioning Technique of the Stars Comes to Cornwall

Pilates is *the* buzzword in fitness today, yet it has already been delivering results for well over eighty years. During that time its devotees have included leading figures from the worlds of film, dance and professional sport, and now it is becoming increasingly available at venues across the country.

Having completed her training with the Body Control Pilates Academy in London, Rebecca Francis is now setting up classes in West Cornwall.

### About Pilates

Pilates is a form of exercise pioneered by Joseph Pilates and his wife Clara, who set up their studio in New York in 1926.

Joseph Pilates was a frail and physically challenged youngster, who rehabilitated himself through exercise. He developed a technique that athletes and dancers found extremely effective for preventing and treating injury. Physiotherapists and osteopaths now recommend Pilates, because it is extremely effective and safe.

Targeting the deep postural muscles, it works by building strength from the inside out, rebalancing the body and bringing it into correct alignment. It helps to reshape your body, which will become longer, leaner and more toned. It will also improve your posture, achieving the perfect balance between strength and flexibility, and is a great way to relieve unwanted stress and tension.



## **The Academy**

The Body Control Academy was set up in 1996 by Lynn Robinson and Gordon Thompson, and has since become Europe's largest professional body for Pilates teachers.

The Body Control Pilates Association is widely seen as a quality standard for Pilates teaching. All members of the Association adhere to a strict code of practise to ensure the highest teaching standards and professional ethics. Body Control Pilates teachers are also set apart by the way in which every client is assessed before starting classes and in the way that they teach exercises in a progressive way, gradually adding more complex moves, to build your strength and flexibility.

The method is respected to a such a level that fully qualified instructors such as Rebecca may have NHS patients referred to them by GPs.

## **Rebecca Francis**

After a gaining a scholarship at the age of eleven Rebecca attended specialised schools where she received a thorough training in dance. In 1990 she was first introduced to Pilates after becoming injured. Refusing the suggested operation that would have put an end to her promising career, Pilates was advised as part of a rehabilitation programme.

She went on to dance professionally for ten years without further injury: appearing in London's West End in such shows as Starlight Express and the Royal Variety Performance, performing on television with the likes of Simply Red and PJ and Duncan (yes, the pre-jungle incarnation of Ant and Dec!), and even found time to be Barry Manilow's choreographer. She is most proud of her starring role on Spitting Image as the roller-skating Queen Elizabeth II.

These days her dancing is restricted to anonimity of the club dance floor, and after practising Pilates for fifteen years she decided to train as a teacher. "It's a very exciting time for me. I have moved from one career to another, yet the two complement each other and the transition has made sense. What makes even more sense is that I am now able to live in a part of the world that I love."

## **Contact Details**

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