

Pilates Style Magazine

Pilates Style magazine is the only magazine devoted to Pilates that I know of other than online publications. I have subscribed to the magazine for 3 years and I thought I would review the latest edition for you all. I do not often read magazines but when I do I like to hold the actual copy, to save and highlight certain articles- a bit old fashioned I know but online publications do not work for me.

The red carpet!

As the most well known Pilates magazine, their advisory board and contributors list reads like a Hollywood A list with famous Pilates names such as Lolita San Miguel, Mary Bowen, Kathy Corey and Mari Winsor.

Regular features

Each edition has regular features from inspiring success stories from readers about how Pilates has inspired and changed their lives to a Q&A section promoted as addressing various issues and questions about Pilates.

This month's questions were about how to lose weight by adding a cardio element to a Pilates workout, what foods can boost bone health, which spices and herbs have notable health benefits and what exercises can help with early morning stiffness. These questions are Pilates non-specific to say the least and I must say that often the information given in this section is inaccurate and is followed the next month with either an apology or amendments. There are quite a high level of advice and recipes for healthy eating and holistic health such as Reiki and meditation tips.

There is a huge amount of product promotion from water bottle cleaners, lunch boxes, clothing and shampoo with some space given to Pilates specific equipment such as innovations for 2015 like a new footbar cover from Gratz, MOTR and a suspension system from Bodhi.

New to this edition is a section on Media Resources such as online video sites and courses and DVDs they recommend.

So is the magazine suitable more for a Pilates enthusiast or an instructor?

This month's edition was named The Flexibility Issue so I was really looking forward to reading the latest techniques, research and Pilates variations but unfortunately there were only two articles. The first demonstrated five commonly used stretches on the Ladder Barrel and then second showed six exercises that can only be performed on a Balanced Body Allegro 2, although you could adapt them with a little creativity to a standard Reformer.

Other Pilates routines found in the edition included short mini ball routine by Tracey Mallet and a Bosu routine. Then I came across a very bizarre article- Moves of the Month- Pilates for Yoga?? Surely this is not necessary! So all together only 20 pages out of 145 of the magazine are dedicated to Pilates exercises.

The magazine is heavily biased towards the Studio Equipment, so if you do not have access or own any large equipment, you may find the specific Pilates exercise articles useless.

I did think that maybe I have picked an unfortunate edition to review for you, so I looked back at issues from the past 12 months. The magazine has definitely changed. When I first subscribed there were far less adverts, far more practical ideas for mat and small equipment and it was a lot more Pilates specific. This is where I think the difficulty lies, to be a successful magazine it has to



appeal to a huge audience and so the articles and features are designed for not really for instructor development but for those with an interest in Pilates which means that much of the magazine could be better classified as a health and fitness publication.

I will still subscribe especially because they featured our JPilates Convention last year! It is the only magazine on the market and there are some articles or new Pilates products which either give me inspiration or keep me informed of what is in the Pilates market but would I recommend it? I am not sure-maybe if they feature our Convention again this year....!

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