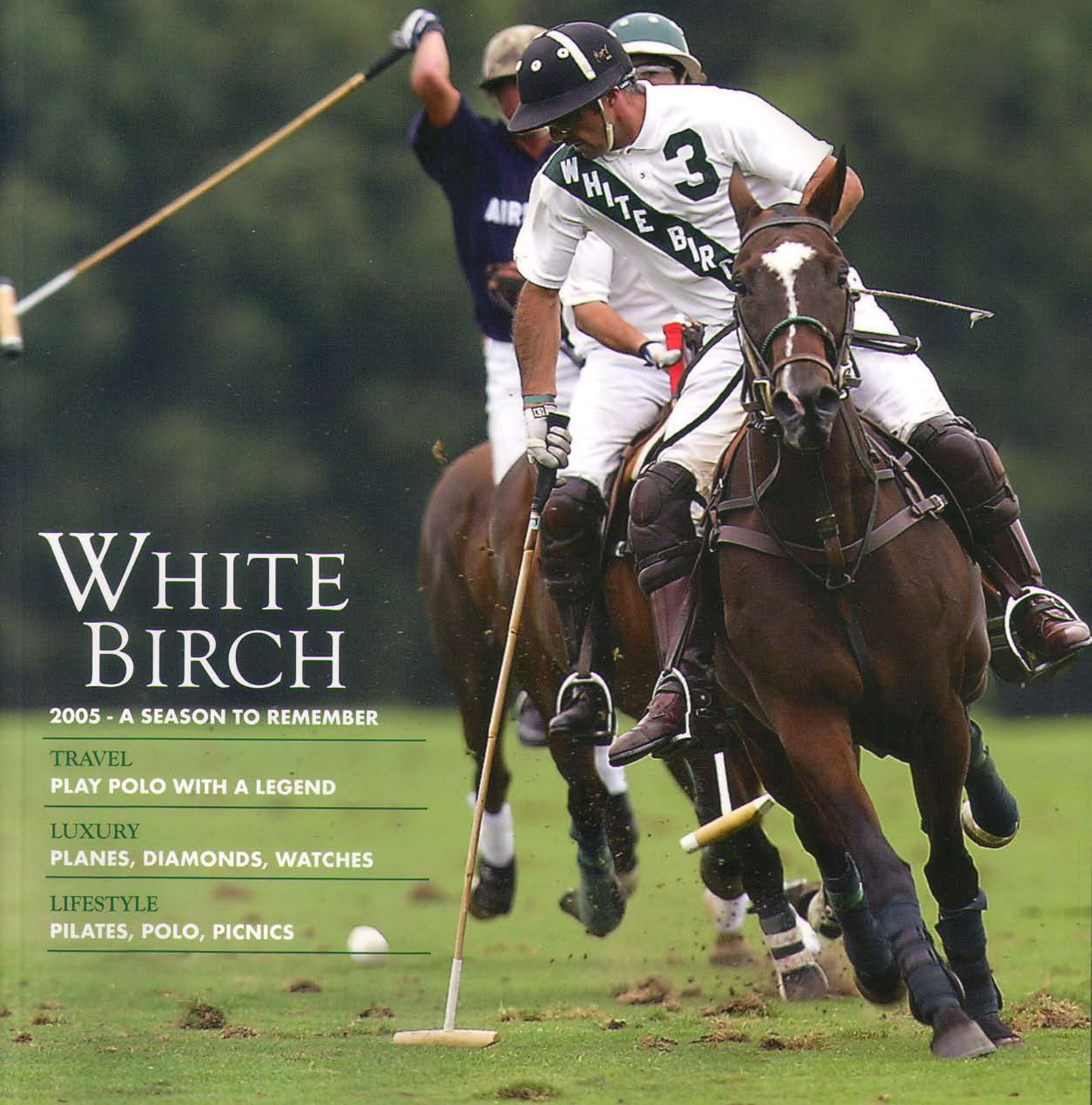


GREENWICH POLO

2006 SEASON

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WHITE BIRCH

2005 - A SEASON TO REMEMBER

TRAVEL

PLAY POLO WITH A LEGEND

LUXURY

PLANES, DIAMONDS, WATCHES

LIFESTYLE

PILATES, POLO, PICNICS

FOCUS ON SUMMER WELL-BEING WITH PILATES

MeJo Wiggin, founder of MeJo Wiggin LLC, the first Pilates Studio to open in Connecticut, right here in Greenwich, is passionate about Pilates. Not just because Pilates is a tried and tested way to stay in shape, but rather because Pilates is a holistic approach to total body fitness and well-being. It is an approach that MeJo passes on to her students (and teachers) with a commitment that is truly inspiring. GPC Magazine checked into the Pilates Studio to find out more.



Pilates is relevant to polo players. This is what she had to say: “Pilates is actually a technique where students learn to use their body in a unique way. You use your inner most abdominal muscles, low back and buttocks to initiate and direct movement so that the rest of the body can move more freely, yet in an ‘empowered’ manner. When you are able to

engage this area and use it properly, you achieve your greatest power and precision.”

“This is especially relevant to polo players who effectively play polo from a sitting position. From this riding position four shots are executed: the nearside fore and back shots and off side fore and back shots. Pilates helps to develop a leaner body by lengthening and stretching the muscles without building bulk. In addition, it improves balance, poise, stability, strength, and of course flexibility. There are 16 pieces of equipment that provide highly targeted exercise to particular parts of the body. Through exercise with the equipment, and with a combination of mat exercises, Pilates

works with the deepest muscles of the body to build strength and control. Indeed it is the combination of physical and mental challenges that improves mind and body awareness.

“Pilates improves balance, poise, stability, strength, and of course flexibility.”

Importantly, and unlike many other exercise systems, Pilates focuses on precision and muscle control without causing tension or repetitive motions. Indeed, Pilates teaches students to exercise muscles without causing pain or risking muscle tear or jarred joints.”

MeJo Wiggin
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The Pilates method, which was devised by Joseph Pilates was introduced to the US in 1923 and was one of the first exercise systems in the West to take a holistic approach to fitness and well-being. An ever increasing awareness for taking care of ourselves on all levels—body, mind, spirit—may explain the rapid growth in popularity for the Pilates method in today’s world. Since its very beginnings Pilates has been favored by dancers, actors, performers and athletes. Today, thanks to studios like the one run by MeJo, anyone and everyone can enjoy the proven body shaping effects of the gently stretching and lengthening movements that draw the muscles into longer leaner shapes. Others are drawn to Pilates because they want a challenging whole-body workout that strengthens and increases stamina, whilst not wanting to lift weights. Yet others are referred to Pilates by their chiropractor, osteopath, physical therapist or medical practitioner to re-align their body and correct any muscular imbalances.

For this article we asked MeJo how Pilates stands out from other forms of exercise, and, in particular, we enquired how