

SPECIAL HOLIDAY GIFT GUIDE for everybody on your list

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BABY GOT BACK!

LARA HUDSON
DARES YOU
TO GO BARE

5 steps to
LONGER
LEANER
LEGS

PAMPERED PILATES

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+ spa cuisine = bliss

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TENSION WITH
HELLERWORK

HOT BODY, COOL MIND

with yoga,
chi gong &
pilates

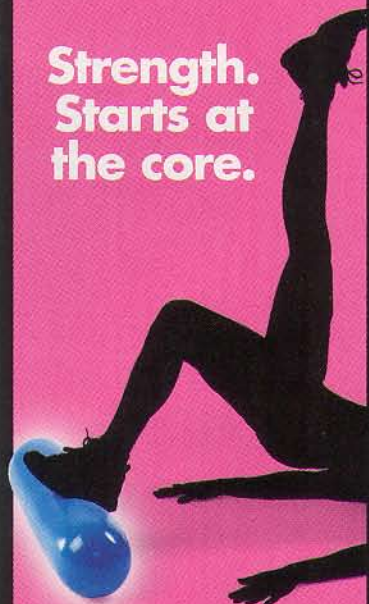
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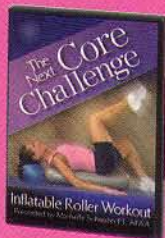


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contributors

LARA HUDSON ("Baby Got Back," p. 56) is a PMA gold-certified instructor and was voted best Pilates instructor of 2007 by San Francisco's *7x7* magazine. The star of several DVDs, including *10-Minute Solution: Rapid Results Pilates* (Starz!, 2006), Lara owns Mercury Fitness Pilates Center in San Francisco (mercurymfitness.com), where she offers specialty classes like Upper Body Hottie, which she created after having so much fun designing the workout found in this issue.



MEJO WIGGIN ("Get a Leg Up," p. 70) studied with Romana Kryzanowska and Bob Liekens for more than 15 years. In 2003, she earned her teacher trainer certification from Romana and was selected to film the DVD series *Romana on Pilates: The Legacy*. Mejo owns her own studio in Greenwich, CT, where she teaches athletes, models and celebrities. She also travels throughout the U.S. and Europe, giving seminars to other Pilates professionals. For more information, visit mejowiggin.com.

Dancer, choreographer, yoga devotee, author and Pilates master teacher **JENNIFER KRIES** ("Waking Energy," p. 44) is a fitness innovator. Her award-winning DVDs, *The Method Series*, *Jennifer Kries's Pilates Method* and Fox/Fit TV's *Method Show*, helped to start the wave of enthusiasm for Pilates mind-body exercise. She recently created and produced another groundbreaking four-part DVD series, *Hot Body Cool Mind: The Life Force Power Workout!*



MJ MERMER ("Affirmative Action," p. 52), owner of Pilates by MJ (pilatesbymj.com) in Coral Springs, FL, is a second-generation Pilates instructor, taught in part by Joseph Pilates' niece, Mary Pilates. Mermer is certified in the Original Pilates Method and in the New York-based Classical Pilates and is a veteran of the fitness and dance industry. Her popular women's fitness videos are distributed worldwide.

Assistant editor **AMANDA ALTMAN** ("Gift Guide," p. 21) is a political science graduate from Yeshiva University. But it's her knowledge of and love for fashion and beauty that have made her a star at *Pilates Style*. Now in her second year here, Amanda regularly writes for the Teaser and Homework sections, styles shoots and has learned more about Pilates than she ever dreamed possible.



In 1994 a \$53,000 lottery win became the seed money for NYC's famous Candle Café, where neighborhood regulars and celebs congregate for great organic vegan food. Four years ago **BART POTENZA** and **JOY PIERSON** ("A Meatless Holiday," p. 64) opened Candle 79, which raised the standard for upscale vegan dining. They remain a driving force in the organic vegan food movement, devoting much of their time to such causes as the New York Coalition for Healthy School Lunches.



get a **leg up** and down, and out...

TO LOOK LEANER AND LONGER IN 10 MINUTES FLAT

I always thought I had a strong, lean body—until I had my first session in 1990 with Master Instructor and my personal mentor Romana Kryzanowska. I was enamored of her personal energy and dedication to the Pilates method and intrigued with her eye for detail and perfection. I have to admit, my first session was quite humbling. After all, I had been studying Pilates for a few years and thought I knew what I was doing. That first session with her taught me so much, and I sensed this was just the beginning of what eventually turned out to be 15 years of intensive study with her.

During that first lesson, one of the things Romana noticed was my strong and powerful legs. She often reminded me to lengthen my legs, and she never let me leave her studio until I did a Side Kick series. Those kicks were unlike any leg exercise I had done before. No equipment was used—no weights, not even my own body weight as resistance. I remember dreading them at first because they were so challenging. Romana would often say, “It’s usually the exercises you don’t like that your body needs to do the most.” Boy, was she right. I stopped questioning her and realized that this

woman, with more than 50 years of teaching experience, knew exactly what she was doing.

After three months of Side Kicks, my lower body changed. The exercises strengthened and toned my hips, thighs and buttocks and reduced my overdeveloped muscles, resulting in longer, leaner-looking legs. My bulky thighs became slimmer, my inner thighs were firmer, my seat was lifted, and my hips were more slender. Although my body weight didn’t change, everyone noticed the change in my shape. That was good enough for me. I was hooked.

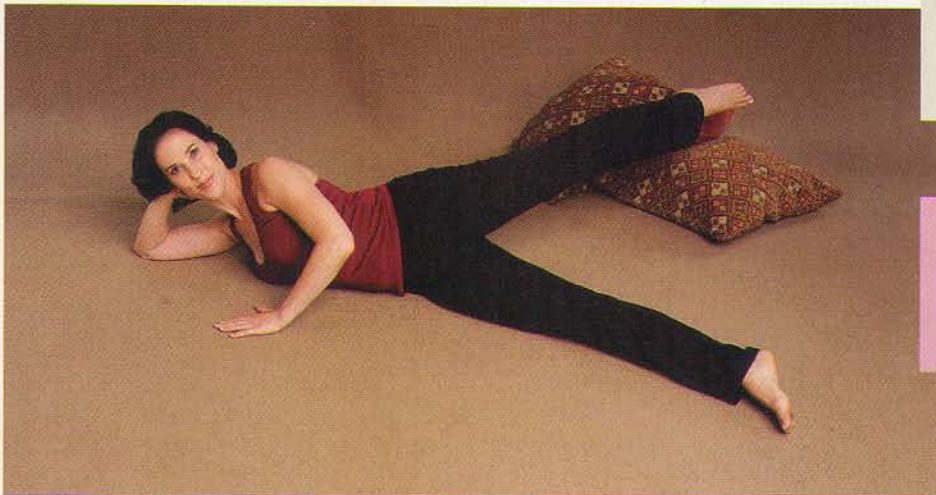
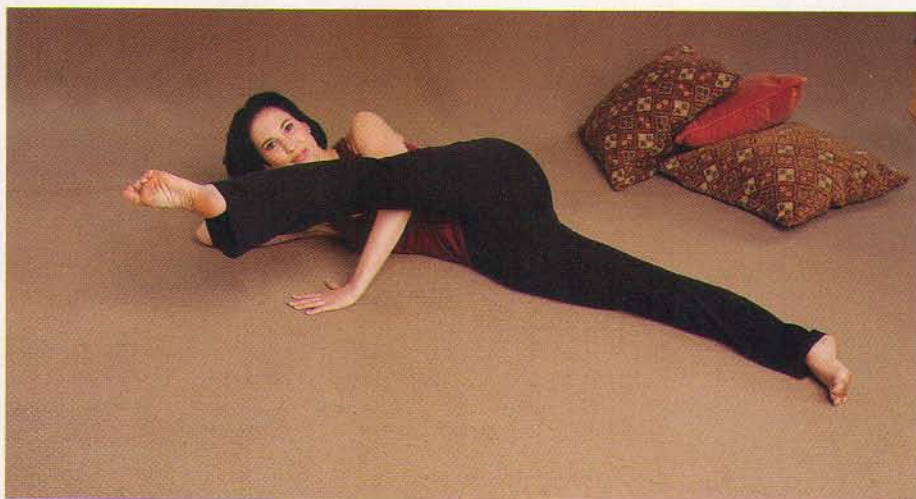
I’ve been teaching for 12 years now, and Romana has certified me as a Teacher Trainer. I’ve applied my lessons from her to improve the bodies of numerous celebrities, models, athletes and other instructors at my own studio (Mejo Wiggin, LLC, in Greenwich, CT). I teach the Leg Series to all my clients for one simple reason: It works. This simple series of exercises takes only 10 minutes, should be performed three times a week, requires no equipment and will benefit anyone, no matter what your level. So you’ve got no excuses. But if you practice these diligently, you will have one thing: great legs. ▶

STORY BY MEJO WIGGIN • PHOTOGRAPHY BY ARTHUR COHEN

HAIR AND MAKEUP BY MARY McILVAINE • CLOTHES BY SHIVA SHAKTI

to prepare for all exercises:

Lie on your side with your body in a straight line from your head to your toes as if you were leaning up against a wall. Place one hand under your head for support and the other in front of you for balance. (Make sure the elbow does not come forward—stay against the imaginary wall.) Bring your legs two feet forward, so they are at a 45-degree angle. Keep your hips stacked, your legs long and your top leg turned out.



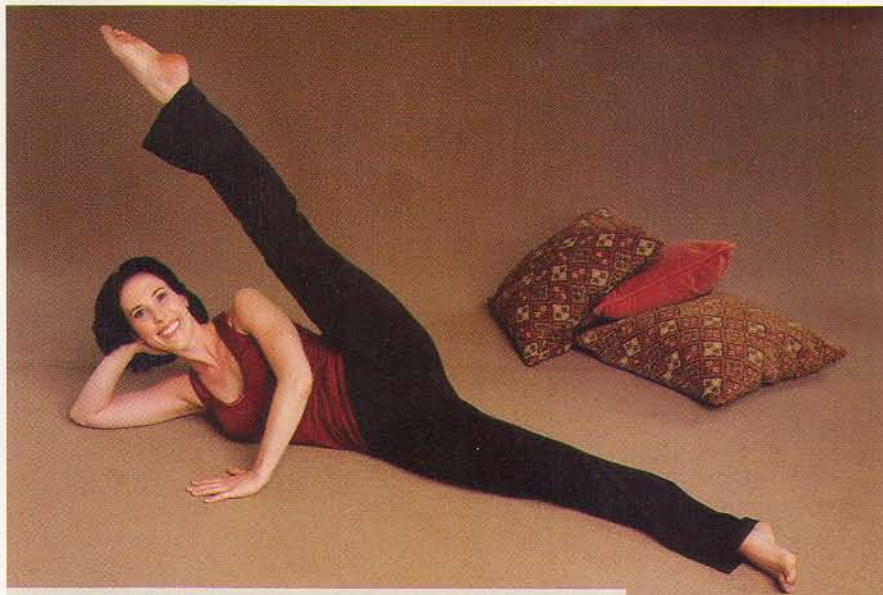
front/back kicks

1 Swing your top leg forward as far as you can without bringing your top hip forward.

2 When you've kicked as far forward as you can, add another mini kick higher.

3 Swing your leg back as far as you can without moving your upper body. Perform 10 repetitions. Switch sides and repeat.

TIP: Make sure your top leg is straight and your foot remains hip-height the entire time.



TIP: As you lower your top leg, try to extend it farther than the bottom one.

up/down long

1 Kick your top leg up to the ceiling as high as you can.

2 Slowly lower your leg, lengthening and rotating it outward even further. Perform 5 to 7 repetitions. Switch sides and repeat.



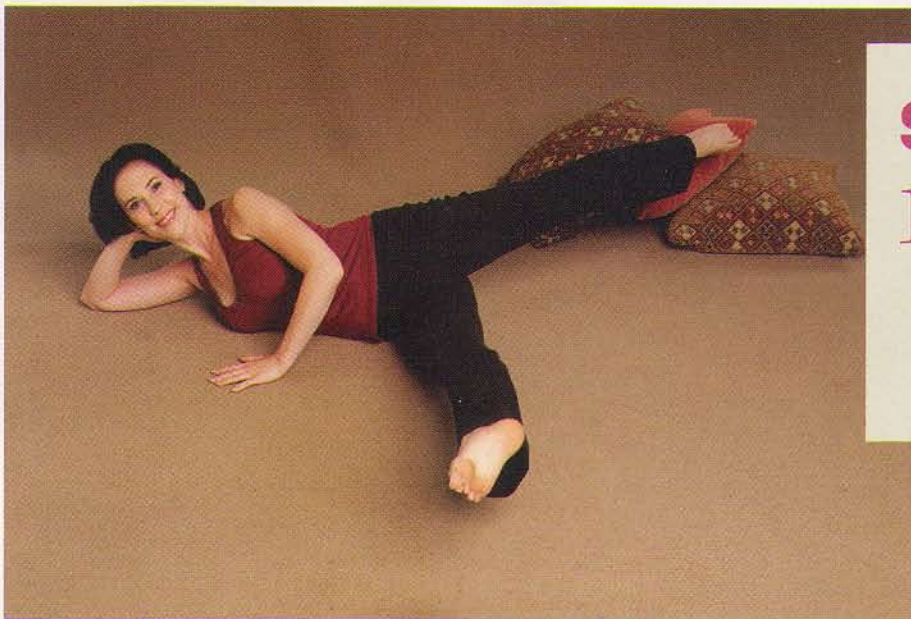
bicycle

1 Swing your top leg forward as if you're doing the Front/Back Kicks.

2 When you've kicked as far forward as you can, bend your knee into your shoulder while lengthening your spine.

3 Keeping the knee bent, bring your knee toward the back wall, brushing your inner thighs together as you go back. When your knee is back as far as it can go, straighten the leg out behind you, extending your toes toward the back wall. Perform 5 repetitions. Switch sides and repeat.

TIP: Keep your hips and shoulders stacked at all times. Your upper body should not move.



scissors

1 Lengthen and turn out both legs, then lift them a few inches off the floor. Scissor your legs back and forth in a brisk motion. Perform 10 repetitions. Switch sides and repeat.

TIP: Start with a small movement and gradually open and close the scissors as wide as you can.

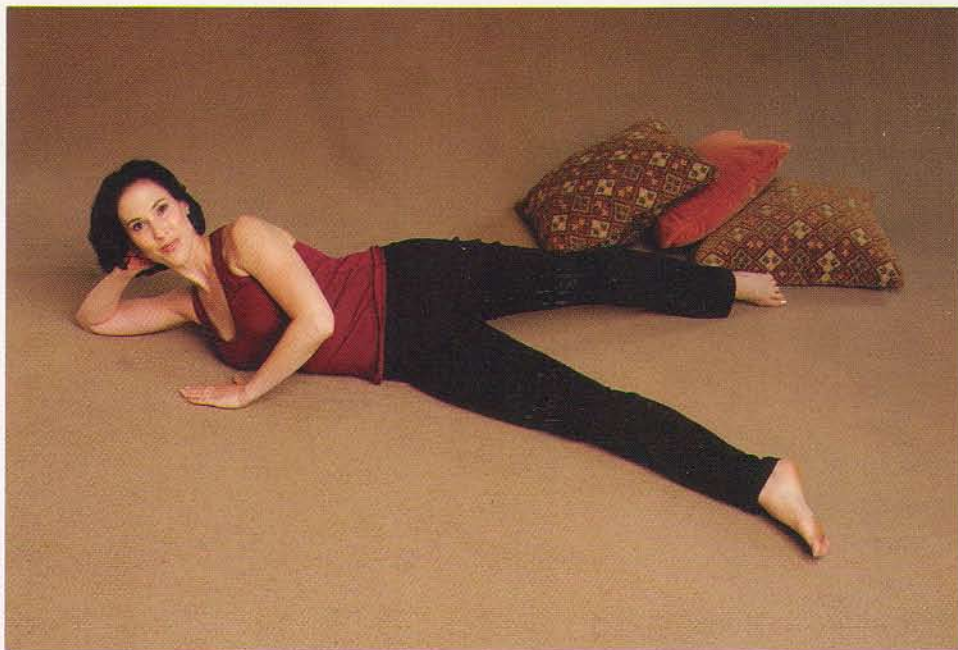
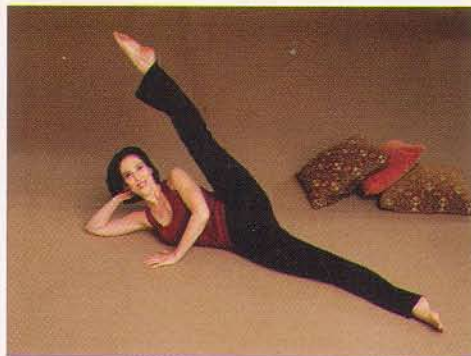
hot potato

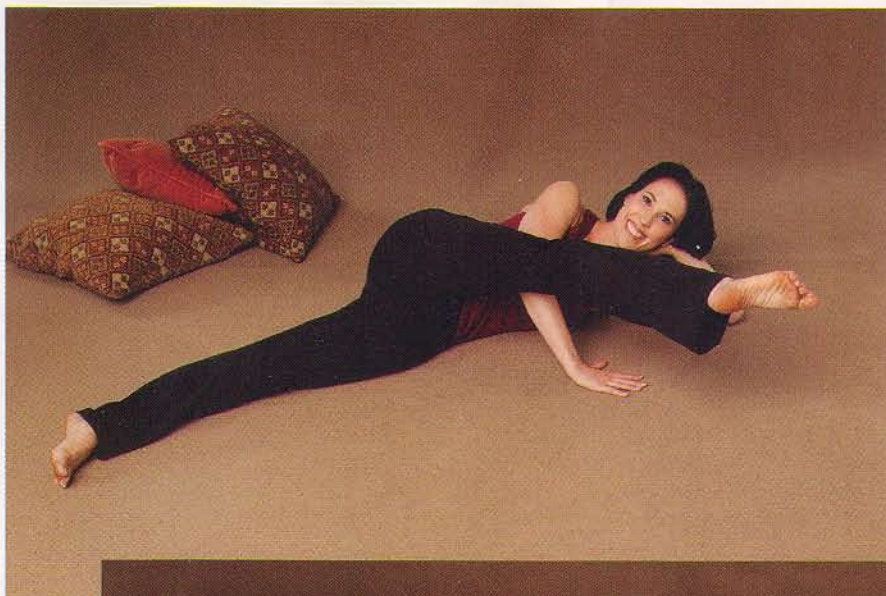
1 Kick your top leg up to the ceiling as high as you can.

2 Swing your leg to the front so it makes a 90-degree angle with your body. Then, keeping it turned out, lower it.

3 With your heel, tap the floor 3 times, and then quickly kick your leg back up to the ceiling. Repeat moves 1 and 2, but this time tap your heel behind your leg 3 times. Perform 8 repetitions, front and back. Switch sides and repeat.


TIP: Kick as high as you can without moving the upper body. If your upper body moves, make the kick smaller.

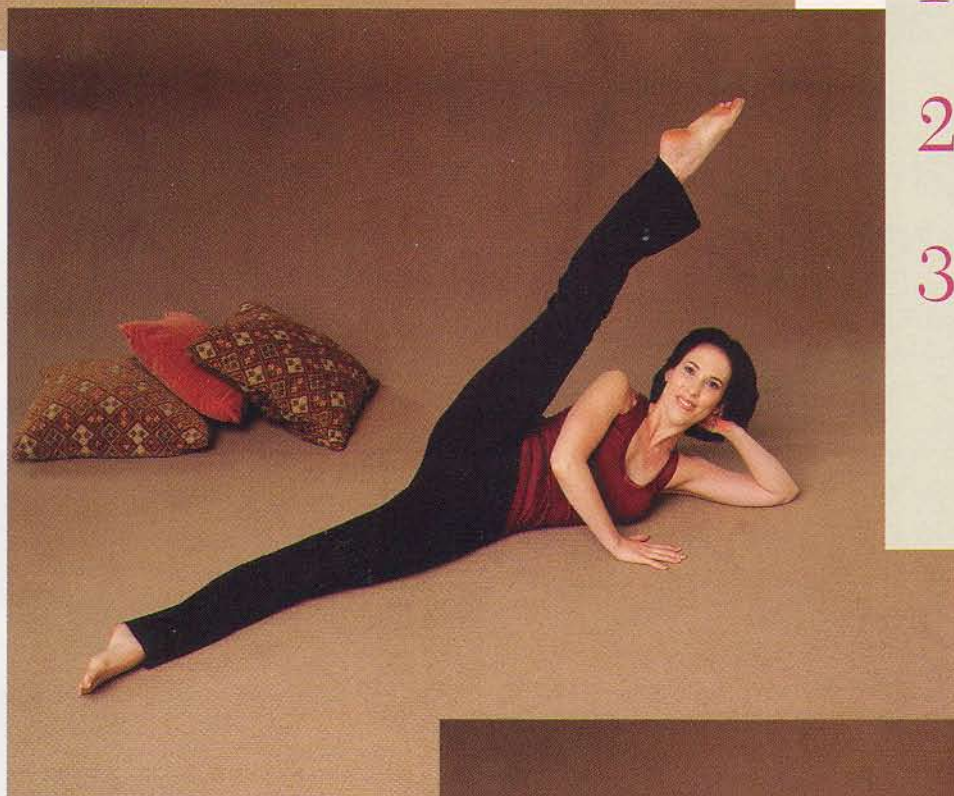




ronde de jambe

(leg and foot circle)

- 1 Swing your top leg forward as if you're doing Front/Back kicks.
- 2 Maintain your turnout as you slowly lift your top leg straight up to the ceiling.
- 3 Keep your hips stacked as you lengthen your leg and reach your foot toward the wall behind you. Swing the leg front. Perform 4 repetitions. Switch sides and repeat. 



TIP: Perform this move slowly so you can keep your upper body steady and legs straight.

