

Inner Strength Pilates

Making Time to Get Balance in Your Life

By Carolyn S. Peterson

We've all heard the saying, 'If Momma ain't happy, ain't no one happy,' but you can change that a little bit to 'If Momma ain't healthy, ain't no one healthy,' which is probably more accurate. Think of all the roles and hats you wear on a daily basis...wife, mom, daughter, car pooler, scout leader, team mom, housekeeper, homework helper....whew! It's amazing the things women do in a 24 hour period. But if we get caught up in those roles, our days, weeks and months go by without balancing what we do for others with what we need to do for ourselves. Amy Dixon, owner and personal trainer of Inner Strength Pilates, found herself in the same place, needing balance, realizing that her intentions were good, but her priorities needed another look.

A Year of Change

Regaining balance in my life began with adversity and was professionally and personally painful. Once I totally surrendered to God and His plan, life's



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priorities fell into place. God has been faithful and life's important things have strengthened, like my faith and daily walk with God, my marriage and my relationship with my children. Finding balance is not easy, it is ongoing, but it is worth the work," stated Amy.

This elusive balance that we as women need may seem out of your grasp. But if you are finding your balancing act is suffering and those balls you are juggling seem to be hitting the ground more than staying in the air, taking time for yourself by practicing Pilates may be the nudge you need to focus on your care.

Focusing on a Healthier You

The practice of Pilates brings awareness to your body, both inside and out. "I teach Egoscue Method Therapy, which is a transformational therapy for postural issues and chronic pain. Pilates gives you a calm appreciation of your body, with an emphasis on developing the body through core strength and flexibility. Because it is a learning process, each session builds on the one before, so 2-3 visits per week are suggested for best results. We teach one on one and also in groups of four. Because technique is so important, the hands-on instruction is very critical," Amy said. "We also have a variety of other classes: Core Barre, which involves Ballet Barre and Pilates Apparatus, and BlissFul Core, which is a blended Yoga and Pilates Apparatus class."

After your session, you might want to schedule a massage! "Our massage therapist, Teresa Hucks, has more than a dozen years experience. She specializes

in fascial release technique, which loosens the connective tissue between the muscles and joints where our bodies tend to have pain and tightness," commented Amy. Other types of massage are also offered, such as Deep Tissue, Trigger Point, Thai Yoga Bodywork, and Relaxation Massage.

For Amy Dixon the change in her life began with a simple thought: You are the only YOU God made. Taking care of your body and spirit nourishes you and in turn you can give your best to your loved ones.

Amy has been in fitness for more than 18 years, and found Pilates 14 years ago. Inner Strength is the 6th studio she has opened over the years. "We are looking forward to a fresh start with a new name that epitomizes what it takes to keep that balance we were striving for," she said. With this beautiful, spacious studio and elegant Pilates equipment, Inner Strength Pilates is grateful for their new adventure!

"We have a dedicated staff, several of whom have been with me for many years," commented Amy. Overall, the staff of nine at Inner Strength Pilates has more than 50 combined years experience in their fields of Pilates, Egoscue, Yoga, Fitness, and Massage Therapy.

Inner Strength Pilates is located on Country Club Rd, in the Harper Hills Commons Center, right around the corner from Harris Teeter. Every first Thursday of the month, Amy offers free mini-sessions of the Egoscue Method Evaluation of your posture and any issues you may have. For more information call 813-5320 or visit www.InnerStrengthPilatesNC.com.

