



Inner Strength Pilates

By Amy Dixon



So, you pick up this issue of Forsyth Woman, and it's January 2012. You may be wondering where your well intended New Year's resolutions have gone! Then this article is for you! Let me share a short story....

For 2011, my resolution was to restore balance in my life. I had spent the past few years just getting through each day, so focused on work, daily running with the kids and such. I was taking care of the

urgent, and dropping the important down a notch on my to-do list. I was living by "putting out fires," as my husband refers to it.

God, my family, and serving in my church had all been nudged to the side. Well, as He tends to do, God began nudging me! So I began a year long journey to place my priorities into balance. It has been a rather painful year, but God has been so faithful! I have grown in my spiritual walk, feeling God carry me through many rough days. I have always thought my marriage of 17 years has been great, but it has been strengthened beyond measure. My children have witnessed a true testing of faith, and my prayer is that it will shape and mold their character.



My story is still unfolding, and I know that God is changing my life for His glory and His purpose.

Many plans are in a man's mind, but it is the Lord's purpose for him that will stand. Proverbs 19:21

A fabulous opportunity has arrived to launch a new Pilates and Egoscue studio in Winston-Salem to continue serving the community I have for many years.

Inner Strength Pilates has a dedicated staff that will offer great Pilates classes, Egoscue Method Postural Therapy and Massage Therapy! Our studio is for everyone from the young athlete to the 80 and overs!

Here's something to ponder.....

Those who think they have not the time for bodily exercise will sooner or later have to find time for illness. ~Edward Stanley

Look around you and focus on the important things in your life – your faith, your family, and your health – are they in the proper place? Are you taking the time to care for your body? Isn't it time you found your BALANCE?

We are the Temple of the Living God.

Glorify God in your body.

2 Corinthians 6:16, 20

You are the only YOU God made!

Amy Dixon has been a Personal Trainer for more than 17 years in Winston-Salem. She opened Your Yoga Studio in 2002, and founded Your Pilates Place in 2005. As she launches Inner Strength Pilates, she is praying diligently each day to keep her BALANCE!



Inner Strength Pilates is searching for an experienced, local Massage Therapist to add to our family! Massage room will be available on Mondays/Wednesdays/Fridays and weekends!