

Inner Strength + Inner Nutrition = Healthier You

By Hope Nichols

Does what you eat really matter if you're exercising? We answer with a resounding YES! As fitness instructors, we know the value of exercise on the body. But what you put on the inside of your body matters, too! Unfortunately, much of our food is chemical-laden and often full of fillers. Those components, which offer no nutritional value to the body, coupled with the tendency to overeat, result in many health problems, including obesity.

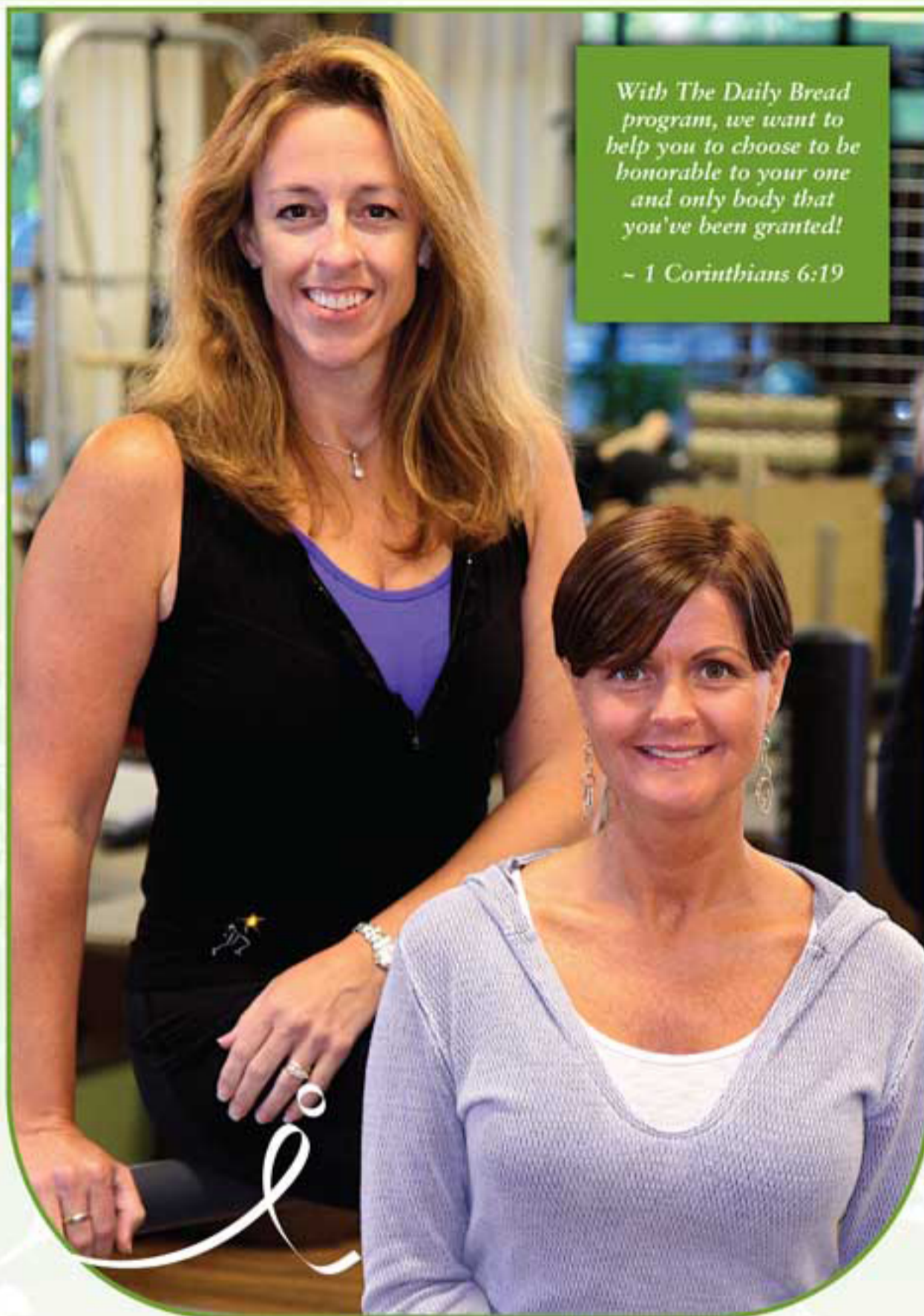
At Inner Strength Pilates, our focus has been to provide our clients with smart, safe and effective exercise to help strengthen muscles and bones, along with careful stretching. This enables our clients to create stronger, more flexible bodies. However, it seems that most of us are on a never-ending loop when it comes to our nutrition. We either give in to our emotions or eat whatever we can get our hands on. Or we starve ourselves thinking we can make our bodies lose weight or, at least, maintain our weight. For many, food becomes a reward. "I did Pilates tonight, so I can eat this doughnut for breakfast."

These are the choices that are making us unhealthy. Fortunately, people are starting to ask great questions, including many of our clients. They realize that their nutrition plays an important part in how healthy their bodies are. Some of the questions we have been asked are:

- Should I eat before attending my Pilates session?
- What are some good choices for my meals/snacks?
- If I eat before/after I take Pilates, will I still lose weight?
- Should I drink water during my session?

The rise in the number of nutrition questions we receive has resulted in a new, holistic, nutrition-based coaching program! The new program, called The Daily Bread, will offer an initial meeting for Q&A, a hard copy of your nutrition plan, and an e-mail adjustment of that initial plan. Certified Nutrition Counselor Hope Nichols, who is also a Pilates Instructor for Inner Strength Pilates, will lead the program.

Through the program, you will receive guidance on HOW and WHY to implement positive changes. Hope believes that understanding WHY we need to make



With The Daily Bread program, we want to help you to choose to be honorable to your one and only body that you've been granted!

~ 1 Corinthians 6:19

Amy Dixon & Hope Nichols of Inner Strength Pilates

conscious choices regarding our inner nourishment is key to making permanent changes to a healthy lifestyle.

We cannot expect our bodies to NOT EAT... we have to have good, quality, wholesome food to supply us with energy in order to carry out our daily tasks. Our bodies know this instinctively. Anything less puts stress on our bodies, and they respond accordingly by creating new fat cells. When we don't control our consumption, our bodies hold on to everything because they perceive that they may not receive more any time soon. Both of these situations slow our metabolism, causing us to gain body fat, and possibly lose much-needed muscle. Ultimately, it creates the perfect recipe for obesity.

We are so excited about this new program. By working with our clients for their fitness needs and coaching them in their nutrition choices, we can make sure our clients' Pilates experience is the best it can be!

Please call or come by the studio to set up an appointment for your portion of The Daily Bread. 336.813.5320 www.InnerStrengthPilatesNC.com