



Jennifer Aniston

Scoop Tip
Try Pilates in the comfort of your own home with Amy Brown's DVD series *Pilates For Life*.

Pilates primer

It may be an old practice but this strength-training regimen has recently exploded in Tinseltown.

by Michelle Bilodeau and Malena Ogryzlo-Harbers

What do Britney Spears, Madonna, Rachel Weisz, Jennifer Aniston, Drew Barrymore, Gwyneth Paltrow, Charlize Theron, Uma Thurman, and Canucks Carrie-Anne Moss and Shalom Harlow have in common? These super-hot Hollywood ladies all have added Pilates into their fitness regimes to help them stay svelte and on the A-list. "There is a lot of pressure, especially if you're in front of a camera, to be thin, toned and long and lean," says Toronto-based pilates instructor Amy Brown. "That is what Pilates does: it creates a long, lean, strong body." Besides a toned physique, the portability of Pilates—wherever a mat or a towel are available—makes it perfect for celebrities' jet-setting lifestyles. "They are working crazy hours, so it's a way to keep their body and mind healthy," says Brown, who opened Pilates for Life two years ago.

Pilates was developed in the 1920s by Joseph H. Pilates and was originally favoured by dancers and athletes, but it has recently exploded on the fitness scene. It differs from traditional Yoga in its focus on strength training, rather than stretching. Many people, including celebrities, have flocked to Pilates because it focuses on your core, waist, hips, butt, thighs, back and abs, which creates long, lean muscles in your upper body—perfect for actresses who want to make sure they look sleek in their designer duds!

PILATES NATION

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The Fitness Edge
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