

pilates

movement for life™

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BALANCED BODY® INC.

Transforming

My Body and My Life

I was always athletic, but as I started my professional career as a consultant with Deloitte my job required a lot of client entertainment duties. Suddenly my life became way more focused on the entertainment side and than on the fitness side. I began to consistently put on weight year after year.

My turning point was hitting 245 pounds on New Year's Day in 2008, and being put on high blood pressure medicine. I was definitely going in the wrong direction. Around this time my aunt was visiting from Australia. She's 65 but looks 15 years younger. I asked her how she did it and she said Pilates – you should try it. So I did. I wound up at Core Conditioning in Studio City, CA, and it was one of the best decisions I have ever made.

After that New Year's Day I kicked up my Pilates routine, going 3 times a week for private sessions. Along with healthier eating I took off 20 pounds over the next 3 months. It was a startling transformation.

I also started biking in the fall and along with several co-workers signed up for the AIDS Life Cycle 8, a 540 mile team ride from San Francisco to Los Angeles. There were over 2500 total riders and the race took place over seven days, with each rider

averaging 80 miles. Prior to signing up for the ride I had never been on a road bike before. In fact, I realized that before taking it up again just recently, I hadn't ridden a bike in a long, long time.

When I first started training I couldn't even stay on a bike seat for 30 minutes, but because of Pilates I quickly improved on my road biking skills, and became one of the strongest riders on our team. I continued with Pilates 3 times per week and bike training on weekends. All this led to the very successful ALC 8 ride in June. I was able to handle every challenge - wind, hills, you name it - and finished earlier than the majority of riders. I was actually outpacing guys and gals much younger than me.

All this has led to a total weight loss of 50 pounds and 8 inches from my waist. I'm now in my early 40s and I have never been healthier or stronger. I am still continuing with my Pilates 3 times per week. Next up is a mini-triathlon set for this fall.

My advice for anyone looking to try Pilates is DO IT! You will transform your body and how you look and feel. But I think it's smart to start out and with some one-on-one sessions first. You need to learn how to do the exercise properly to really maximize the benefit you will receive.

It's been a definite life changer for me.

*Ken McLean
Los Angeles, CA*

