

## Pilates project

Pink pilates is the new exercise craze in Auckland — and a first for New Zealand — specifically designed for women with breast cancer.

The 10-session subsidised programme is open to anyone diagnosed with the disease in the past two years.

Started by Auckland physiotherapist and pilates expert Lou James, it has the support of breast cancer surgeon Dr Belinda Scott.

Half the cost of each \$800 programme is subsidised through the Pink Pilates Breast Cancer Trust, a charity set up to support the scheme. Similar programmes are run overseas, and James says: "By adding massage, physiotherapy, stretching and relaxation, we can also address the emotional side-effects of breast cancer, as well as the physical."

Dr Scott agrees: "Pink Pilates offers a combination of exercise, physiotherapy and relaxation, allowing women to regain a sense of control and improved well-being. I believe this will be a great addition to medical care, particularly early on in treatment."

The programme is available at James' Ponsonby physiotherapy-pilates clinic, re:ab, and she hopes to be able to offer a fully subsidised programme nationwide.

For more information, phone re:ab on (09) 361 1078.

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## stretch your way to better health

Pilates was developed by Joseph Pilates after World War I to help rehabilitate wounded soldiers. Although now perhaps regarded more as a trendy muscle-toning programme than a way of helping people recover from illness, a new exercise programme designed specifically for women with breast cancer looks set to return Pilates to its rehabilitation roots. Pink Pilates, a 10-session subsidised scheme, is available to women who have

been diagnosed with breast cancer in the last two years. Lou James, the Auckland physiotherapist and Pilates expert who developed the programme, says it will "address the emotional side effects of breast cancer, as well as the physical". Endorsed by breast cancer surgeon Dr Belinda Scott, half the cost of each \$800 programme is subsidised by the Pink Pilates Breast Cancer Trust. For more information phone (09) 361 1078.