



*Improve self confidence  
and control. Regain  
strength and mobility.  
Enhance energy levels.  
Re-strengthen trunk  
muscles and improve  
posture. Improve sleep  
and alleviate fatigue.  
Enhance physical and  
mental well-being. Ease  
muscular tension and  
boost the spirit.*

women ranging from their mid 20s through to their 70s complete the programme."

A year after the first Pink Pilates classes, Lou says the most rewarding aspect has been the fantastic feedback from clients, and also "great support" from the medical profession. "Most of our clients now come from referrals by surgeons and nurses." She says friends of breast cancer patients quite often pay for the patient to attend Pink Pilates sessions. "It can be hard for friends to know how to help someone with breast cancer, but paying for a couple of sessions is something really positive that they can do to assist the patient's recovery."


Lou has had a lot of interest in the programme from throughout New Zealand and says her goal in 2007 is to take the programme nationwide. "I will start training other physiotherapists throughout the

country this year, and would love the programme to be accessible to all women recovering from breast cancer. It is a huge amount of work, but I love it."

The Pink Pilates Trust has been set up to assist Lou reach her goal of supporting 2000 patients nationwide each year, through the Pink Pilates programme. The Trust was launched at a "star-studded" fundraising event in October last year, that was attended by sports and TV celebrities and it raised \$45,000. "It was amazing, as having the money means now we can help even more women." All money raised by the Trust goes straight to the women benefiting from the programme. At present it pays 50% of their costs to attend the programme. The Trust is already making plans for further fundraising events. It also hopes to attract corporate sponsorship.

"If we are going to go nationwide with the

programme, we will need to attract more funding."

Lou says a number of Pink Pilates clients who have completed their 10 week programme have gone on to join the regular pilates classes at the *re:ab* clinic. This is a "huge step forward and gives the women great confidence. Women going through breast cancer often feel let down by their bodies and can lose confidence and self esteem. At Pink Pilates they're in a safe environment, where they are cared for and encouraged to regain their confidence. It's amazing how much better the programme makes them feel about themselves." 

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