

TRAINING TOOLS • SWIM STRONGER • WHY PILATES WORKS

pilatesstyle™

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BURN FAT FAST!

20-Minute Cardio Blast

How Do You Measure Up?

Take Our Posture
Test To Find Out

Back To Basics

6 Pilates Principles

Eat Smart!

Fresh Spa Recipes

MATWORK MADE EASY

WIN!
PILATES
GEAR KIT

see contest
on page 57

Build Your Core

move over, mario

Video gamers now have no excuse to spend all of their time on the couch. *Yourself!Fitness*, a new game that pioneers a genre called "Fitness Gaming," lies somewhere between exercise video and personal trainer. Users interact with the game's trainer, the virtual Maya, to create an individualized exercise and diet regimen. She also leads workouts that incorporate aerobics, yoga and Pilates. Available for Xbox, PC and PlayStation, other features include the capacity to change Maya's workout environment and to incorporate equipment, like exercise balls and free weights, into the workouts. —Maria Guarascio

