

LETTER FROM THE EDITOR



Lauren Pears, Editor

Greetings from the staff of Liberty Sports Magazine!

I'm excited to be part of the LSM team and I look forward to working with my two passions in life – sports and writing. For more than twelve years, I've played basketball on the blacktops of my old neighborhood, in hot gyms across the country and for the University of Pennsylvania Quakers. Now, I have the opportunity to take a break from the hardwood and participate in the world of active sports.

And what better way to start than with a modern, intense Pilates workout. For all you serious, competitive, die-hard athletes, let me say that the Lithe Method is no joke! When I agreed to try out Lauren Boggi's new, Pilates-based workout, I had my doubts. I went through the rigors of Division I sports! From power cleans to hour-long agility workouts and practices which lasted more than three hours, I thought the Lithe Method would have nothing on me.

I was wrong. And I paid the price for being overly confident. After one beginner session, my entire body was sore for days. The great part about the Lithe Method is that your results are based on how hard you work. I left the studio feeling drained yet satisfied that I held poses when my muscles were burning and shaking. I wanted to give in to the pain and relax for the last count, but I didn't.

So, if you have similar reservations about the benefits of a Pilates workout, give the Lithe Method a chance to prove you wrong! I guarantee it will.

But above all else sit back, relax and enjoy the issue!

Best,
Lauren Pears



The Lithe Method By Lauren Pears

Pilates is a type of exercise that focuses on strengthening core muscles, such as the abs and the back, while incorporating controlled breathing to combine a mental workout with a physical workout. The Lithe Method takes Pilates to the next level by using its basic concepts and fusing together workout methods ranging from yoga to dance to weight lifting and orthopedic stretching. The result — a workout that tones and builds not only the core muscle groups but the large muscle groups, burns fat, and helps build a mental edge.

The Lithe Method studio, located on Liberties Walk, Philadelphia, provides an atmosphere that enables participants to feel welcome and comfortable. Lithe Method instructors give patrons individual attention and work with them to achieve their personal goals. Instructors work with diverse groups of people including young professionals, pre and postnatal women, men, professional athletes, and post-operative breast cancer patients.

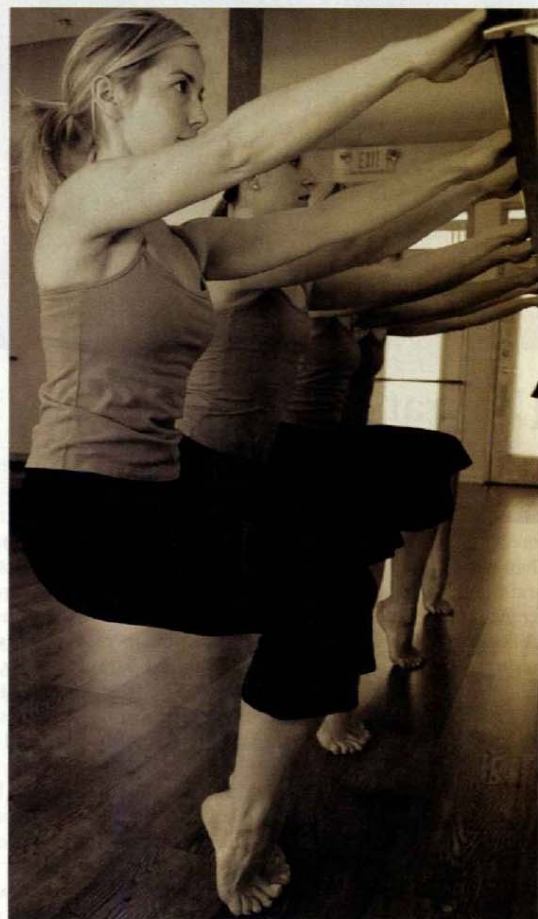
Lauren Boggi, owner and instructor of the Lithe Method, has found that working with her clients is what drives her to continue improving her method and help people get fit. Lauren commented that, “the most rewarding part of my job is watching clients reach their goals through a system I’ve created and knowing that this method will be challenging and effective for any population.” Lauren’s work with post-operative breast cancer patients is especially rewarding and has proven to be a way for these women to become strong and proud of their bodies in a warm, encouraging atmosphere away

from sterile hospitals. Since the Lithe Method is an effective, low-impact workout, anyone can enjoy its benefits. Age is not a factor.

And her method works! I had the opportunity to take a class, and although I consider myself to be in “decent” shape, I was sore for the next few days following her beginner class. When you take a class, be prepared to do push-ups, tricep dips, and hold poses until your muscles shake — then do them again and hold them longer. Imagine being in a squat position “wearing” four-inch heels while concentrating on breathing and contracting your core muscles! The Lithe Method is multi-tasking at its best, and every exercise of the method uses multi-tasking in order to not only work all your muscles but also exercise your mind as well.

Once you master the basics of the Lithe Method, Lauren’s program gives clients the freedom to move into different levels and classes when they are ready. If you want to target your mid-section, take the A-List Abs class, or if you’re looking to get up and move, sign-up for the Walk class and be prepared to combine the Lithe Method with a trip to the Ben Franklin Bridge. But no matter which class you choose to take, you will get a workout that is effective. So if you need to take a break from the mundane, ordinary gym routine or want to incorporate low-impact workouts with your long runs or rides, sign up for the Lithe Method. ▲

For more information, visit www.lithemethod.com or call 215-928-1662.



Lithe Method instructors demonstrate poses and exercises clients perform in class.