

pilates

movement for life TM

Annual Catalog 2009-2010



BALANCED BODY[®] INC.

Books: General

NEW! Using Small Props for Big Results

by Christine Romani-Ruby, PT, ATC

A comprehensive guide to using the ring, roller, spine corrector and baby arc on the mat. Learn each exercise, including breathing, cues, and benefits for each piece of equipment. Photographic illustrations make it easy to see and understand the movement. Props used: Ring, Roller, Spine Corrector, Baby Arc, Mat (optional). Paperback, black and white photo illustrations, 148 pages.



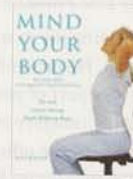
BK8100

\$19.95 US

Mind Your Body: Pilates for the Seated Professional

by Juli Kagan

An excellent tool for anyone who spends much of the day seated. Achieve better posture, both in the chair and out. Photos and easy to follow instructions lead you through each movement. Includes mat exercises, plus seated stretches easily performed in an office chair. Paperback, black and white photographs, 158 pages.



BK8099

\$19.95 US

Pilates on the Ball

by Colleen Craig

A comprehensive guide to Pilates exercise on the ball, with workout DVD. Chapters cover breathing, postural exercises, abdominal exercises, extensions, arm and footwork, restoration and rebuilding, stretching, stress management and cardiovascular exercise. Over 50 exercises and stretches, with instructions. Three workouts, Restorative, Basic and Intermediate, are also on the 44-minute DVD. Some exercises use hand weights. Paperback, 180 photos, black and white, 179 pages.



Book with DVD

BK8060

\$24.95 US

Select fitness ball size and fitness ball book, and take 15% off book and ball purchase price. (See p. 62 for fitness balls.)

The New Rules of Posture: How to Sit, Stand and Move in the Modern World

by Mary Bond

A resource for Pilates instructors and health care professionals to educate people on relieving chronic pain via postural changes. Bond identifies key anatomical features that affect posture, and presents exercises to change it. Paperback, black and white, 41 illustrations, 240 pages.



BK8092

\$18.95 US

NEW! Better Back

by Suzanne Martin, PT, DPT

No time to work out in the gym or do a DVD at home? In just 15 minutes a day, three times a week, this book can help you see real results. Strengthen your back, reduce pain, and prevent future problems. Illustrated in full-color photos with detailed instructions on how to properly execute each exercise, plus gatefold pull-outs with a summary of each workout, and a companion DVD demonstrating the workouts. This book will get you results in no time! Also includes tips for healthy living, staying motivated, and finding a teacher. Paperback, color photographs, 128 pages.



BK8107

\$17.95 US

Stretching

by Suzanne Martin, PT, DPT

Stretching can transform your life. Simple and instantly gratifying, it's a physical release that can energize or relax you. For all ages, stretching is key to staying healthy and supple. This practical head-to-toe guide provides quick home exercises that fit easily into your daily life. Remodel your body in just 21 days: stretches for different life states, and to ease everyday stresses and strains. Paperback, color, 160 pages.



BK8072

\$14.95 US

Roller Kit

A home exercise program by Donna Gambino using the foam roller. Try this method of strengthening, stretching and deep muscle massage, and you will be amazed at how great you feel and look. An effective workout that doesn't require you to "feel the burn". You'll gain strength and relief from muscle tension, but most of it is done unconsciously, just by balancing on the roller! 50 exercises. Paperback, black and white, 90 pages.



Book only

BK8085

\$24.95 US

Book and Blue Roller (save \$10)

915-000

\$52.95 US

Full-Body Flexibility

by Jay Blahnik

Release tension and tight muscles with this clear and easy-to-follow handbook of stretches. Separated into sections by body part, Includes stretching routines for various needs. Paperback, black and white, 203 pages.



BK8102

\$17.95 US