

An APT Functional for Life Circuit & Pilates Session

is like a great recipe for a
delicious & nutritious meal

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Made to Mōve by APT



Introduction

It's so great getting back into & building face to face small group classes again. I began APT Small Groups nearly 10 years ago at Phoenix Studio in Richmond. The model was always maximum of 10, for personalised attention plus plenty of space to really expand, grow & move! My APT Community were the ones I introduced my first BODYART energy element sequences to, during a Functional/Pilates Class. They were filmed with me teaching for my L1 exam to become certified by BODYART International, way back in 2015.

The point of this blog is to expand on why I offer the 2 main APT class formats and still alternate them each week.

While BODYART is a brilliant mindful movement practise on the mat with energy elements & Yin & Yang balance - the functionality for daily life movement required is covered by Functional Circuit & Pilates. BOTH have equal vital relevance.

CLASS FORMAT 1.

Functional for life & Pilates Class



What is functional movement for life?

Life IS movement - drop the 'exercise' mentality

Functional for life - everything we do in our lives IS movement, including breathing. The word exercise can create a more formalised version & approach to movement & yet we were 'made to move'. It is why we have so many amazing joints, muscles, tendons and systems that keep them ticking along & us moving - ALL the time!

Every time you do something for your life to function, you move. Getting out of bed, going to the toilet, brushing your teeth, getting dressed, making breakfast, walking up stairs, if you listed every movement even in a basic day, there are countless different ways you move. **The real awareness is HOW you are doing those daily movements, how OFTEN you are doing them and if you are on auto pilot? Switching off auto pilot and switching ON the driver of your own vehicle - YOUR one body in life - is empowering!**

I recently started my new Class '**Embracing 50 & Beyond**'. A really important time in our lives & a huge privilege, is living beyond 50 and the challenges of getting older. We may have amazing life wisdom & skills in our work, but our bodies & brains can be more disconnected. When injuries or pain when moving sets in, we move less. Fundamental actions start to disappear. Without awareness, suddenly putting on shoes or walking up stairs, is so difficult we don't want to do it. Daily life actions that were simple are avoided in situations when we need them, life starts to diminish & shrink.

Proprioception is the natural balancing senses we were born to use and stimulate. Standing on an unstable surface stimulates proprioception and balance, in our skin, nervous system and even the hairs in our ears are part of this sense of where your body is in space. Children use all these great senses when they play, swinging, sliding, spinning, jumping, hanging from a monkey bar in the park. When do you use these senses and movements in your adult life? As I write seated outside a local Cafe, 3 children are playing on the landing & steps. They are squealing, running, pushing each other, falling over, laughing, tickling, talking & they are moving using their senses freely ALL the time.

When you choose or make a well balanced nutritional delicious meal - you need it to have protein, fibre, carbohydrate, calcium, vitamin rich as well as texture, flavour, aroma and look visually colourful & pleasing. Movement for the human body is the same.

Functional circuit stimulates many movements in both body & brain with breathing awareness. Currently 10 stations : 1. Standing posture & foot foundations 2. Lower body barre - foot, leg & hip strength work 3. Free weight training - lifting well 4. Cardio huffy puffy heart health (low or high impact options) 5. Fitball join the dots core and more 6. Step up and down (stairs) 7. Chair posture - sit and stand to squatting well (trust me a squat is such a strength building action - many lose) 8. Pull up body strength 9. Bosu - jog & jump 10. Resistance / balance.

Recipe - movement for life

In order to stimulate ALL the systems that move us thru life well - we need a varied recipe that includes the following movement ingredients - ideally we stimulate all the senses visually, sound, touch, smell & taste.

The game changer & real benefits & improvements come with what I call mobility matters knowledge coupled with Pilates fundamentals. As a 62 year old ex ballet dancer, mobility specialist, Personal Trainer, Pilates certified & BODYART Master Trainer - I live this !

Movement Ingredients

Controlled lifting & lowering free weights

Breathing

Swinging

Stepping up & down

Stability - training core & stabilisers (Pilates)

3 dimensional forward, back, sideways, diagonal

Resistance - pulling

Pushing

Rotating & twisting

Body strength & balance actions - 1 to 4 points - ground / unstable surface

Joint mobility with stability - ALL joints feet to head

Punch/hit actions

Circular actions

Up & down actions

Control & release actions

Spinal & body - extension & flexion, lateral, spiral

Agility - brain body actions - speeding up & slowing down

Confidence, understanding of self, awareness are the herbs & seasoning!



Why we need an essential movement recipe for life

1. **Independence** - most people if they could choose - want to remain independent in their lives. To dress yourself, shower, get from A to B, travel, DO the things that bring you joy - cooking, playing with kids or grandkids, gardening, walking on a beautiful day.
2. **Muscle & bone density** - use it or lose it applies, but use it in *different* ways is an integral part of this too.
3. **Brain function** - without moving in different patterns, directions and combinations - our brain function declines - this is why dancing and playing music are so important, stimulating the right side of the brain. BOTH sides need to be stimulated & have specific functions.
4. **Choice** - we ALL want to choose HOW we live our lives right? Choosing to keep moving will almost always be beneficial.
5. **Endorphin release** - the happy ones. Cranking up the cardiovascular system & challenging strength, will help release our serotonin & dopamine that are connected to feelings of joy and satisfaction. Also integral for **mental health**.
6. **Chronic disease** - diabetes, heart health, dementia and many lifestyle related diseases are kept at bay or away by moving often & well.



Cardio - dancing diagonal swing in an APT Class

7. **Circulation & immune system** - moving helps the circulatory system to work optimally which then stimulates our immune system.
8. **Relaxation & Sleep** - there is such a thing as too much Yin or too much Yang. These are the balancers of our energy & life. One cannot exist without the other. To move with energy, strength & power - Yang, then allows us to deeply relax and let go - Yin. Quality sleep & relaxation, requires physical & mental synergy - a mind and body that is capable of both control AND release. Restorative sleep is a keystone to good health.

I encourage you to try the BODYART & Functional Circuit Pilates alternating class format formulae. You can only gain & benefit in the recipe for movement & longevity !