

The Benefits of Pilates

by Wainani Arnold, Pilates Instructor

Joseph Pilates truly was ahead of his time with his holistic approach to exercise.

“Contrology [now called ‘Pilates’] is designed to give you suppleness, natural grace and skill that will be unmistakably reflected in the way you walk, in the way you play and in the way you work,” Pilates said. “You will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel for long distances without undue body fatigue or mental strain.”

Students say that Pilates “woke up muscles I never knew I had.” “I feel relaxed yet energized.” “I now have better posture and little to no pain.”

Pilates is founded on the principals of breath, centering, precision, concentration, flow and control. A Pilates routine inherently moves the practitioner mindfully through different planes and ranges of motion, which is essential in stimulating the body and mind. Although there are classical exercises that are quintessential to Pilates, there are limitless variations. It doesn’t matter your age, gender, physicality — anyone can do it.

BENEFITS OF PILATES

- **Balance & Coordination:** Better equilibrium, steadiness, confidence and overall balance.
- **Strength & Stamina:** Improves muscle and skeletal strength and endurance.
- **Flexibility & Mobility:** Improves muscular flexibility and joint health.
- **Improves Circulation & Detoxification:** Activates the lungs and pumps the heart to move



(L-R) Elvira Lee, Tom Glass, George and Grace Lee work on optimal posture, balance and coordination.

debris out of the body via the bloodstream.


- **Mental Health:** Clears the mind and promotes better brain function.
- **Resilience:** Strengthens the nervous system, which increases resilience to daily stressors.
- **Vibrancy:** Promotes better sleep, which builds energy and the immune system.
- **Self-Care:** Teaches *how* to care for yourself and inspires you to *want* to take care of yourself.
- **Inspires:** Staying active and improving diet.
- **Pain-Free:** Reduces or removes physical pain.
- **Accessible:** Pilates mat exercises and techniques are with you wherever you go. A Pilates routine can be enhanced by props and equipment, but they are not required.

Pilates will meet you where you are at today so you can enjoy all that life has to offer. ■

WAINANI WELLNESS CENTER

1144 10th Ave., Ste. 302, Honolulu, HI 96816
808-369-1992 | info@wainaniwellness.com
WainaniWellness.com

To best serve you, call us if you have an injury or are recovering from surgery.



WEDNESDAYS!
5% SENIOR DISCOUNT
ON ANY BAKED GRANDPA YOSHIO PIE
PEACH • PEAR • APPLE • COCONUT

Hawaiian
PIE CO.
508 WAIKAMULO RD.
HONOLULU, HI

Call us at (808)988-7828 to pre-order!
Offer valid on Wednesdays for seniors 62 years and older for BAKED Peach, Pear, Apple or Coconut pies only. Must present this coupon to redeem offer. One coupon per person. Subject to pie availability on the day of sale.



Manoa Cottage Kaimuki
Skilled Nursing Facility
"Specializing in Dementia and Alzheimer's Care"



Jocelyn Ribao
Admissions Coordinator

Phone: (808) 800-4089
748 Olokele Avenue, Honolulu, HI 96816
(at Olokele and Winam Avenue, behind Kaimuki High School)
Email: j.ribao@manoaecottage.com
For more information about our care homes visit www.manoaecottage.com



COMING SOON: 2021 AGING IN PLACE WORKSHOPS: MAR. 20 & SEPT. 18

Check our website & on Facebook for future updates & details or contact Percy Ihara: 808-600-4383



Using Light to Improve Brain Health

by Kathy K. Sato, Licensed Acupuncturist

One would expect that an effective treatment for Alzheimer’s disease (AD) would be pharmacological. And yet, 99 percent of AD drug trials fail. The last time the FDA approved an AD drug was 2003.

Acupuncturists might focus on neuroregeneration using neuroacupuncture. In a similar fashion, a new modality — photobiomodulation (PBM) — has been building its case as a credible treatment alternative for AD. Rather than targeting a single biological mechanism, it helps the brain repair itself.

Photobiomodulation uses near-infrared light to stimulate, heal, regenerate and protect brain cells and tissues that have been injured, are degenerating or are at risk of dying. A high-quality PBM device sends photons of light through the skull,



stimulating brain cells to increase metabolic energy, and increase cerebral blood flow and neuroconnectivity.

Many studies have used photobiomodulation for cognitive decline and dementia/AD. Currently, there is a large clinical trial being run at eight

sites across North America.

Using light is easy. It’s noninvasive and unlike medication, it is able to affect multiple neural pathways, which may make it an elegant solution to a very complex problem. ■

NEEDLES OF HOPE

1314 S. King St., Ste. 1050, Honolulu, HI 96814
808-450-2527 | kathy@needlesofhope.com
www.needlesofhope.com

Photo courtesy by Vielight

Est8Planning
Counsel LLC
Estate Planning & Administration

How can a little red wagon work for you?



Est8Planning Essentials Workshop

FREE, NO PRESSURE, NO OBLIGATION

Reserve your space by calling (808) 587-8227
Or register online at WWW.EST8PLANNING.COM

CITY FINANCIAL TOWER • 201 MERCHANT STREET, SUITE 1800 • HONOLULU, HAWAII 96813-2977