

how to... *boost your metabolism*

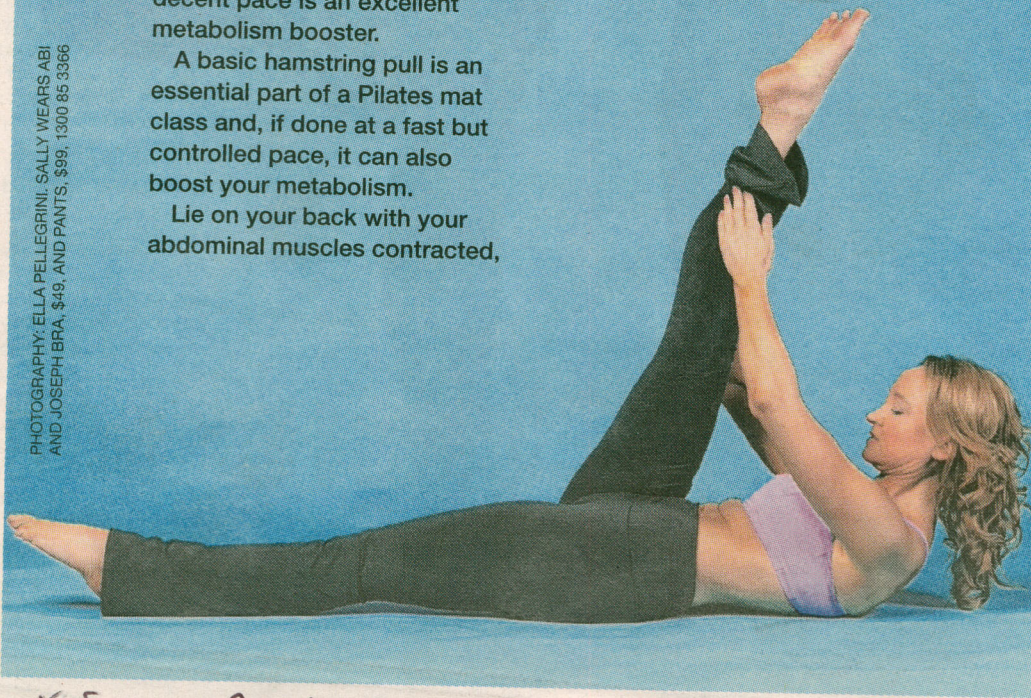
We all know exercise can increase your basal metabolic rate. Pilates works deeply to stimulate all the systems and organs of the body, aiding in the elimination of toxins and waste at the same time as stimulating blood and oxygen circulation.

Less toxins and better circulation make the metabolism more efficient. Doing Pilates exercises on a mat at a decent pace is an excellent metabolism booster.

A basic hamstring pull is an essential part of a Pilates mat class and, if done at a fast but controlled pace, it can also boost your metabolism.

Lie on your back with your abdominal muscles contracted,

your head and neck off the ground and your chest lifted. Reach one leg up to the ceiling and hold it with both hands behind the calf. Gently pull the leg towards you and deepen your abdominal contraction. Inhale to change legs and repeat. Alternate legs, with a pulse on each exhale, for 10 to 20 repetitions, at a pace you can control. **By Sally Anderson**



PHOTOGRAPHY: ELLA PELLEGRINI. SALLY WEARS ABI AND JOSEPH BRA, \$49, AND PANTS, \$99. 1300 85 3366

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