



# **Pilates for You: The Unique System That Combines Pilates, Diet and Relaxation for Ultimate Health of Body and Mind: Exercises, Recipes, Mediations**

*Ann Crowther*

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## **Pilates for You: The Unique System That Combines Pilates, Diet and Relaxation for Ultimate Health of Body and Mind: Exercises, Recipes, Mediations Ann Crowther**

A complete health and nutrition system encompassing exercise, diet and meditation for well-being in the body and mind. Based on Ann Crowther's proven development of the Joseph Pilates system, Pilates For You presents simple, practical measures to improve health and well-being through a unique combination of exercise, diet and relaxation. Chapter One, the focus of the book, introduces the reader to 25 step-by-step exercises from the Pilates system, as well as Ann's own tried-and-tested variations. Chapter Two contains 25 specially commissioned recipes for energy and vitality and is packed with nutritional advice on how to maintain optimum body weight without the need for dieting. Chapter Three features easy, step-by-step meditations and inspirational advice on how to enjoy the simple pleasures of life - a good night's sleep, a positive attitude, and so on.

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