



## Why Not? Movement Studio aims to teach a way of life, not just fitness



Why Not? Movement Studio aims to teach a way of life, not just fitness. (2007, November 1). *The Star: Sun Prairie's Hometown Newspaper*, Section 1, p. 3.

Why Not? Movement Studio is a home based personal training and Pilates center in Sun Prairie. Sun Prairie has many fitness options, so why would someone check out a new studio?

Why Not? Movement specializes in personalized instruction with all the toys typically found at a health club, coupled with the classic Pilates apparatus not found anywhere else in Sun Prairie. "Pilates is a discipline, an understanding. It is not an 'ab class'. It's not smashing out five different variations of crunches for abs of steel," explains Susan Trier, owner of Why Not? Movement Studio. "Instead, we're looking to maintain core control throughout various movements with precision and fluidity. Translated? Pilates helps you to do, whatever you do, better—whether that's an athletic skill, or racing after kids, or navigating long hours in an office. Pilates inextricably links the mind, body, and spirit. Joseph Pilates, the founder of this discipline, wrote, '...(Pilates) develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit.' He spoke passionately about putting 'zest in your life.'"

Wayne Meitner, a client at Why Not?, explained how personal training with Trier helped his skiing.

"I've been coming to Susan for quite awhile now. Training with her keeps me doing what I love—back country alpine skiing. I love the challenge and excitement of the sport—the one-on-oneness of it," Meitner said.

"My balance has improved and so has my ability to move, to adjust to changes in snow conditions, terrain, altitude. I know there's times I've avoided injury because of the work I've done with her," Meitner said

"A number of times I've had private training with a world class ski instructor talking about new trends in skiing (like keeping the hips separate from the legs) and I get a kick out of the fact that I've already been working with that idea during Susan's workouts," Meitner said.

"Every year, I judge where I am at when I go skiing at Tahoe with an old college buddy. It's a friendly competition. I passed him along time ago. I told him that he needs to see my trainer!" laughed Meitner.

Trier's approach to training is very individualized. She tries to empower her clients so that they understand what they are doing, why they are doing it, and how to incorporate their knowledge into their daily lives.

"I'm particularly interested in working with clients to re-discover their deep stabilizers," Trier said. "These muscles help you: achieve that long, lean look; move with greater ease and fluidity; improve your posture; and just free-up your breath.

"How many of us hold our breath whenever we're anxious, or try something new? What if you didn't feel stiff and achy anymore? Or if you could sleep through the night? Or had improved bladder control? Or had more vitality? Wouldn't that be worth checking out?" Trier asked.

Trier's personal training certification is through the National Academy of Sports Medicine (NASM). This approach integrates strength, flexibility, speed, and balance. Many national sports teams use trainers from this background, including the Brewers.

She also has a nationally recognized certification for yoga through Yoga Alliance at the 200 hour level. Her Pilates training includes mat, standing mat, and all apparatus.

In addition, Trier has specialty training in pelvic health as a Total Control® Program certified instructor.

"I'm addicted to learning," explains Trier, "After all, a client is working with you because of your experience, your perspective, your ability to teach. They expect you to keep growing and making new connections about the human body and movement. Otherwise, they'd just go to a gym or see a video."

*Why not ease within movement? Why not grace in life?*

Another of Trier's clients, Lynn Hirsch, is 63 years old and very active, and agreed with Trier.

"I've got issues with my hip," Hirsch explained. "I was concerned about needing hip surgery. My rheumatologist has told me that since working with Susan, my flexibility has increased and I've lost nothing in range of motion, so I've literally delayed surgery which makes me very happy. I could also be your poster child for bladder control," she laughed.

"Before working with Susan, I didn't know what to do. It was so sporadic, always catching me by surprise. I hated the lack of control," Hirsch said.

"I was scheduled for surgery, but that too was canceled. I can't believe that at my age, I can feel movement in my body that I've never felt before. It's slow progress, but it's amazing!" Hirsch added.

"Susan's workouts always challenge me, motivate me," Hirsch said, "and teach me something new."

"Lynn brings up a critical point," continued Trier, "When you're considering working with a trainer, make sure that the individual is a good fit for you. They should be nationally certified in their expertise.

"If nothing else, a national certification usually means that the trainer has spent a considerable amount of time and money to study their discipline. Just as importantly, they need to personally **do** their discipline, and not just train it. Your trainer should also develop your workout based on what you want to accomplish, and not some generalized workout. It sounds oblivious, but I've worked at health clubs before and often a

trainer uses one work out on all six clients they see that day—or they don't pre-plan for their client in any way."

In addition to personal training, Why Not? Movement Studio offers a few group classes.

On Monday evenings, 5:30-6:30pm, they offer a vinyasa yoga class at Forester Hall (located on the corner of Cliff and Columbus streets across from Sun Prairie's historic water tower). Classes are located on the second floor.

On Thursday evenings, 5:30-6:30pm, and Saturday mornings, 9-10am, Why Not? offers a vinyasa yoga class at Columbus Community Hospital.

"At Why Not? Movement Studio, we approach our yoga with a Pilates lens," said Trier. "In our vinyasa classes, we integrate strength, flexibility, core invigoration, and balance into each class. We try to create our asanas from the client's center."

"In many other yoga classes, instructors create the asana from the periphery: 'place your hand here, your foot there'. I know that sounds vague, but its actually a huge difference," Trier said.

"As an illustration, a typical yoga approach to skiing would be to focus on where you plant your poles, where your weight is in your boots," Trier said. "At Why Not? Movement, our approach would be to focus on your hips and creating spinal stability and integrity. If that's all set, your poles will follow!"

*For additional information regarding rates, training approaches, special programs, and other services, log on to the website [www.whynotmovement.com](http://www.whynotmovement.com) or contact Susan at 608-225-4583.*

—Staff report