

for the **PROS**

Q. Fascia seems to be all I've been hearing about these days! I'm a Pilates instructor and already know the basics, but what are some of the more recent findings?

A. Fascia is still a relatively **new field of study**, especially in the movement arena. Most of the known data has come from the manual therapy world. For movement professionals, the most relative findings are:

VARY YOUR WORKOUTS. The good news is that **fascial tissue is adaptive to the forces placed on it**, meaning if you load the tissue, it will adapt to the load by becoming stronger. But if you do the same thing over and over, the fascia will only be strong for that particular movement. We all want a functional body that can adapt to the many phases of our daily activities, so **the key is to vary your routine.**

MOVE REGULARLY. It's important to not become stationary throughout the day. **Keep**

the body active even if it's just a simple stretch after sitting. The cells of the fascia, the fibroblasts, become healthier and thrive in a fluid mobile body, but **when immobile, the cells respond by dying.**

AVOID REPETITIVE PATTERNS. They dehydrate the fascial tissue and create an adhesive environment. We need to avoid overload of any one area day after day. **The fascial tissue, much like muscle, needs recovery** for collagen turnover. In order to build a stronger, more collagenous structure, we need to have **a good 48-hour rest** in between intense workouts.

» *Moira Merrithew, together with President and CEO of Merrithew™, Lindsay G. Merrithew, has spent three decades promoting the benefits of responsible exercise through their branded programming. Along with her team, they ensure all programming is aligned with current scientific and biomechanical research. A published author, she also oversees Merrithew's Education Department, creates content and is a featured performer in its extensive DVD series. After an accomplished career as a dancer, Merrithew retrained and was certified as a Pilates instructor under the tutelage of Romana Kryzanowska at the original studio founded by Joseph Pilates.*

