



Our Trainers and Staff

Each member of the Core Pilates team has completed 100's of hours of instruction and apprenticeship. We have traveled to New York City and other locations for continuing education in both Pilates principles & updated methods.

We are dedicated to working closely with doctors and other health care practitioners in the treatment and care of their clients. We provide detailed feedback and look for an active relationship.

Our instructors develop a deep understanding of pilates, it's movements and recognition of client weaknesses. We help clients identify their postural habits and improve them with increased awareness, particular movements and sensory reeducation.

Core Pilates welcomes people of all ages & fitness levels as we focus on improving the body's movement patterns and thus creating healthier lives.

On behalf of CORE Pilates and it's staff, we look forward to working with you.

Kim, Coleen, Terri & Kim

The Staff at Core Pilates & Yoga



**OFFERING STRENGTH,
SELF-ESTEEM AND
QUALITY OF LIFE
TO BREAST CANCER SURVIVORS.**

LOCATION:



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Suite D
Grand Rapids, MI 49525
616-361-2555
www.corepilatesgr.com

Doreen Puglisi is the founder and program director for The Pink Ribbon Program. She opened her first facility in 1998 and her second in 2002. As an exercise physiologist, Doreen is dedicated to quality Pilates instruction as well as design and implementation of specialty programs for clients with specific medical limitations. While working with patients who were breast cancer survivors, Doreen saw a need to design a specific post-operative program for these survivors. Hence, The Pink Ribbon Program was created. This need became even more apparent to Doreen when she, herself, was diagnosed with breast cancer. She underwent a total mastectomy. The pain associated with the surgery as well as the loss of mobility in her affected arm was not something she was prepared for. After her surgery, no formal physical therapy was prescribed. Doreen was able to use her Pink Ribbon Program to regain the range of motion as well as strength in her affected arm. This personal experience has helped Doreen to truly understand and reshape The Pink Ribbon Program and the need to reach all breast cancer survivors.



Doreen's credentials include a Master's Degree in Exercise Science, BA from Seton Hall University, a Fitness Leader Certification and she is a Certified Cancer Exercise Specialist. She is also the Chairperson of the Health Education and Exercise Science Department at County College of Morris, Randolph, NJ.

Exercise may be the last thing you feel like doing after breast cancer surgery. You're probably exhausted, your arm may be painful and swollen, and the adjuvant treatments can make you feel even worse. All you want to do is rest. In the past, that's exactly what doctors recommended. However, recent studies indicate a link between moderate physical exercise and improved quality of life for breast cancer survivors. We are dedicated to promoting a healthy lifestyle and positive body image to all breast cancer survivors. The Pink Ribbon Program will help stretch and strengthen the shoulder, chest, back, and abdominal muscles, allowing women to regain full range of motion to those areas affected by breast cancer surgery. This program is suitable whether your surgery was recent or several years ago and accommodates all fitness levels.



BENEFITS OF THE PINK RIBBON PROGRAM:

- Reduces feelings of depression
- Improves self confidence and control
- Helps regain strength and mobility in affected shoulder and arm
- Enhances energy levels
- Helps to control weight
- Improves sleep
- Alleviates fatigue
- Decreases stress and tension
- Enhances physical and mental well-being

POST-REHABILITATIVE BREAST CANCER EXERCISE SPECIALIST

The Breast Cancer Exercise Specialist (BCES) is a professional qualified to assess, design, and implement individual and group exercise and fitness programs for those diagnosed with cancer. The BCES is skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise recommendations and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. The BCES will have a complete understanding of the entire cancer process from diagnosis to treatment, recovery, prevention of lymphedema, and contraindications.

WWW.PINKRIBBONPROGRAM.COM

The Pink Ribbon Program is a not for profit organization