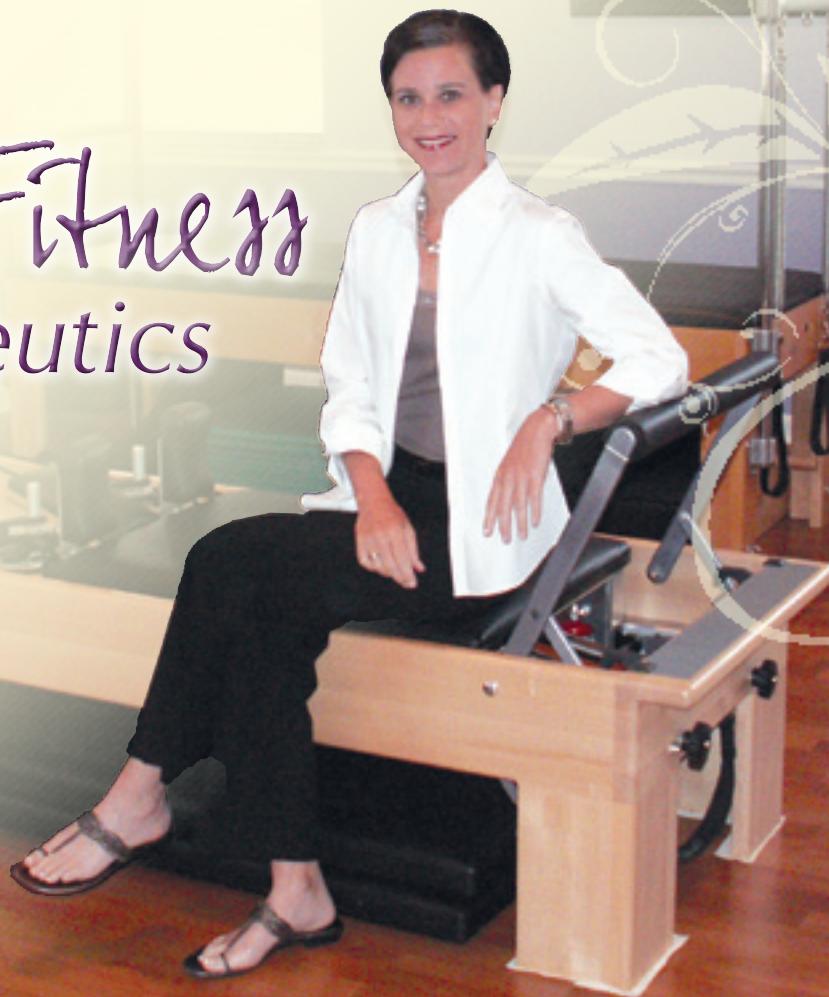


Pilates, Fitness & Therapeutics



For Jennifer Gerali, watching her clients improve their mobility and achieve wellness is one of the rewards of her profession. A certified STOTT Pilates instructor, Jennifer uses the exercise technique as part of a total body plan for clients who need post-rehabilitation strengthening and stretching, sports specific training and heightened mind-body awareness.

While many people may be familiar with Pilates matwork exercises, STOTT Pilates concentrates on using equipment to provide gentle physical therapy, optimal musculoskeletal performance, core strength, flexibility and improved posture. By using the resistance equipment, clients can strengthen a variety of muscle groups, providing a more efficient and balanced workout.

A certified personal trainer with the National Academy of Sports Medicine, Jennifer moved to Naples 11 years ago from the Chicagoland area, where she worked for hospital-based fitness centers. It was there that she developed her therapeutic approach to wellness.

“It’s more physical therapy-based,” she says of her fitness studio. “I’m going to take a look at the whole body, evaluate and treat.”

Many of Jennifer’s clients have undergone traditional physical therapy following a recent surgery, however they still need additional assistance to return to their full range of motion. This is where Jennifer’s post-rehab experience sets her apart, along with her certifications in injury prevention and instructing special populations.

Other clients are living with fibromyalgia or Parkinson’s disease. Jennifer has discovered that her method of STOTT Pilates, combined with additional exercises can help keep her clients’ muscles from becoming rigid. She also instructs golfers, tennis players or other athletes who find Pilates provides them with leaner muscles, flexibility, better posture and core strength, which helps their performance. With a Master’s degree in nutrition, Jennifer can also provide a well-rounded fitness and nutrition plan to all of her clients. In all, she’s helped people as young as 13, with her most mature client in his 80’s.

During an initial consultation, which is free of charge, Jennifer will assess your needs and goals and create a program just for you. For clients, she uses Muscle Activation Techniques to determine which muscles are the weakest and find the source of pain or tension; then develops a regular exercise plan which may include Pilates, isometric exercises and/or the use of a device exclusive to her studio called the Krankcycle, which allows users to get a cardiovascular workout while increasing their flexibility and mobility.

“Muscle Activation Techniques are like jumpstarting a battery,” she explains. “If you know what’s weak or strong, you can develop a program based on that information.”

Jennifer believes total wellness can only be achieved when the mind and body are working in harmony, and it’s her mission to help her clients achieve that goal.

Pilates Fitness & Therapeutics is located in the Castello Professional Center, 1044 Castello Drive, Suite 101. Call 398-5050 for more information.