

A_{PPLIED} ↔ B_{ODY} ↔ L_{OGIC}

by Karin Fantus

FAQ

AppliedBodyLogic (ABL) is a system of low-impact, corrective exercises taught one-on-one. For over 15 years, I've worked with hundreds of clients to bring their physical form and function back toward the way they used to be. ABL's measurable results are set in motion by precise exercises, customized to clients' abilities, goals, and body 'quirks.' ABL succeeds by teaching clients to launch movement from strong core muscles, primed to initiate *full-body* movement. ABL is for just about anyone wanting to commit to renewed ease-of-movement in everyday life... at every age.

WHY ABL?

ABL exercise is about training your body for the future...increasing flexibility and stability to protect you against some of the most feared expressions of physical aging. The work is subtle, low-impact, deep and lasting.

WHY NOW?

Time and aging won't stay still. ABL is *pro* physical strength, flexibility, and resilience *at any age*. Practicing ABL makes it possible to have a say in whether we grow functionally older or younger.

HOW IS ABL DIFFERENT FROM OTHER EXERCISE PROGRAMS?

ABL is a system of corrective exercises, customized to a client's abilities, goals and body quirks. ABL exercise is precise, and taught one-on-one, since how an exercise is performed is more important than the exercise itself. It's a progressive process: each exercise is preparation for more advanced work to come. The pace and flow of work varies with each client.

HOW DOES IT WORK?

ABL takes advantage of a remarkable fact-of-life: our bodies retain the ability to recall early movement patterns throughout our lives... we possess a kind of innate template or body knowledge from more youthful times. That's why ABL exercise is able to coax the body back toward more youthful alignment with such gentle, subtle - yet powerful - work. Maintaining improved alignment relies on deep core strength for stability, so ABL teaches a process to develop useful core strength - and the coordination to use it. It's central to ABL (pun intended!).

WHAT'S THE BIG DEAL ABOUT CORE STRENGTH?

Core muscles must be strong, yet relaxed... not gripped or static (the way we envision chiseled six-pack muscles). ABL teaches very specific coordination to consciously apply core strength to each and every movement. This focus enables core muscles to help re-center our posture... 'pulling' stress away from overworked joints and re-establishing more efficient movement habits.

DON'T SITUP'S BUILD CORE STRENGTH?

It takes the *right degree* of core strength (see above) to help protect the spine and other joints from repetitive motions such as sit-up's. A lack of deep core support can destabilize the spine and lead to chronic back aches and pains. Over months and years, a chronically overworked and achey lower back often results in damage to spinal vertebrae, and even nerves.

IS ABL ONE OF THOSE MIND-BODY THINGS?

Yes. Each body part has a role in every move we make, and it's the 'mind' that's ultimately responsible for coordinating it all.

Each ABL exercise enlists the entire body, since *all* of our moving parts are connected to all the others, on many levels. This *mind/full-body* approach is essential to spreading the body's workload around more evenly... easing stress on tight, overloaded areas, while strengthening complementary areas to balance things out.

IS ABL A TYPE OF PHYSICAL THERAPY?

No. Physical Therapy is *medical treatment*, generally prescribed by a doctor to treat *acute injury*, typically in one area of the body at a time.

ABL is *physical training through exercise, with focus on managing chronic, soft tissue complaints*. Over time, ABL can 'unwind' years of physical muscle imbalances, to restore spinal stability and bring the body back toward ideal alignment. Many people come to ABL after completing a course of P.T., to get newly-healed areas back in-synch with the rest of the body.

HOW MUCH ABL DOES IT TAKE TO GET LONG-LASTING RESULTS?

Clients say they enjoy their very first session, and feel and function better after two or three weekly sessions. Progress speeds-up from there, as clients become aware of *major* improvements in strength, flexibility and alignment, both in the studio, and between sessions. Since ABL essentially reminds the body how to get back toward ideal alignment, the work 'absorbs' quickly and gets reinforced with everyday movements and exercise. (See **FAQ on How Does it Work?**, above)

DOES ABL INFLUENCE DAILY LIFE?

YES. That's the primary goal... to help restore some of the form and function we took for granted in years past.

HOW DOES ABL DO THAT?

ABL clients become aware of *how their bodies feel in response to how they move, sit and stand*. Then, they start to notice which daily physical tasks lead to physical discomfort, and how that detracts from their energy, fitness and well being over time.

Meanwhile, each ABL session helps increase core strength to support a more upright spine, which goes a long way to relieve chronic stiffness, aches and pains. Over time, clients can bend, lift, reach, climb, etc., with an ease they haven't felt in a long time.

YOU SAY ABL IS DONE ONE-ON-ONE, SO HOW DO YOUR CLASSES WORK?

Private ABL sessions are customized, according to the client's physical history, flexibility, strength, coordination and goals. The studio is fully-outfitted with professional *Pilates* equipment, foam rollers, and lots of props. Focus is on long-term goals *and* how the body reacts to ongoing, real-life stressors (travel, sports, too much sitting or standing, carrying/lifting too much, gardening, etc.).

Small-group ABL utilizes a pre-established curriculum, which begins with body awareness exercises and discussion of individuals' physical concerns. Participants learn how to connect to deep core muscles before graduating to more rigorous work. Most exercise is done on floor mats, and uses foam rollers and basic props.

In both formats, clients:

- leave sessions feeling better than when they came,
- see progress in class that carries over to daily life
- monitor how everyday movements impact on their body's well-being
...and, do lots of core work!!

HOW'S AN ABL GROUP CLASS ANY DIFFERENT FROM FITNESS CLASSES AT THE GYM?

Most gym classes are based on pre-determined sets of exercises with the expectation that the entire group will benefit, and not be worse for wear. It's great for many people, but problematic for those of us who have physical issues due to unruly 'quirks,' which are easily exacerbated with the 'wrong' movements.

The *ABL* focus is on *how* the exercises are done, not on how many or how fast. Even in small group classes, *ABL* exercise is designed to address clients' physical "quirks" and chronic movement complaints. The work progresses from session-to-session, becoming more strenuous, with less effort, over time.

CAN ABL BE PART OF AN ANTI-AGING STRATEGY?

ABL is *pro* physical strength, flexibility, and resilience *at any age*. Practicing ABL makes it possible to have a say in whether we grow functionally older or younger.

Research tells us: *"...exercise is not optional; it is essential.... we move to survive...*
Scientific American, January '19: Evolved to Exercise by Herman Pontzer

It comes down to a choice: do nothing and become functionally older... or do *something* (preferably ABL!) to keep-on becoming functionally younger.

WHY ARE SOME EXERCISES BETTER THAN OTHERS?

ABL exercise is intended to re-enforce good movement patterns while de-activating problematic, habitual ones. ABL's precision approach and supervision, makes sure we don't re-enforce movement patterns we're working to correct.

After all, if an exercise causes discomfort or distorts posture, it can do more harm than good

???Everything in the body is connected to everything else, and ABL clients are taught to be conscious of all of it, all the time...during their sessions, and eventually, day-to-day.

I RECENTLY HAD A PHYSICAL INJURY... CAN I DO ABL?

ABL does not address acute injury. It's designed to address *chronic soft tissue* concerns, often linked to physical compensations.

CAN ANYONE DO ABL?

ABL *is not for everyone...* not for people with ongoing nerve pain, joint dysfunction, or other medical concerns that limit their ability to do the work. When in doubt, I refer them on to medical-based therapy. I'm happy to communicate with clients' other practitioners, when appropriate.

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 ABL clients learn to be conscious of all of it all the time...
 during their sessions, and eventually, day-to-day.*