



**Fitness wear**  
**Jasmin Lill**

WINTER exercise is hard enough without having to face it in a saggy old T-shirt and shorts. Now Lululemon Athletica has opened in Brisbane and is determined to give us another reason to keep fit in winter. The label takes its inspiration from yoga but has been worn internationally by marathon runners, cyclists and dancers. Using signature fabrics which offer moisture wicking and four-way stretch, the brand also uses silver fibres which are known for their anti-microbial properties. Brisbane owners of Studio Pilates International Tanya and Jade Winter put the workout gear through its paces and gave the range the thumbs up. "I love it," Tanya says. "Because

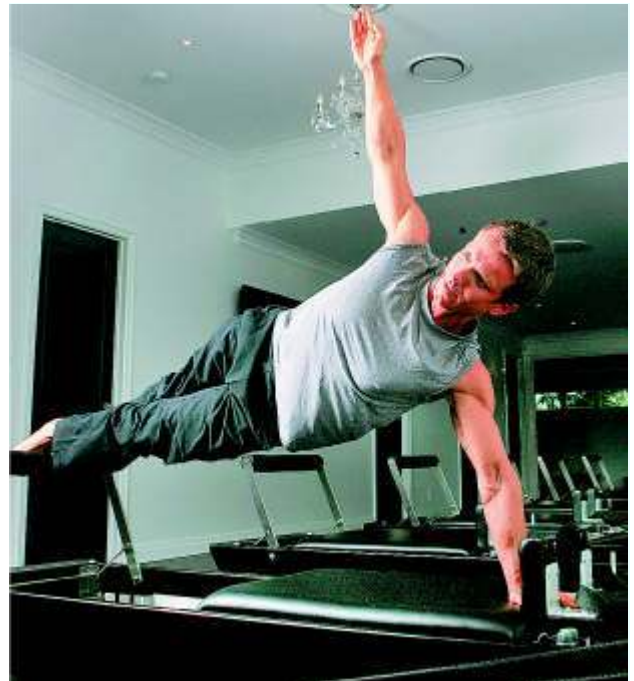
they're so taut, they just draw everything in."

She says the thick material offered support even during the toughest of workouts.

"It's really pretty as well," she says.

The couple's newly opened studio at Hawthorne attracts clients aged from seven to 80, offering help for people with mild cerebral palsy, back complaints or injuries. Jade discovered Pilates as a cross-training tool when he was a member of the Australian Olympic swim squad, while Tanya used it after fracturing her back. The Winters work with a lot of women during and after their pregnancies, and say it often trains areas that can't be targeted in the gym.

"We had a lady who had a broken arm, a broken leg and broken ribs and she still did an hour workout," Tanya says.





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## Get into gear

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