



FIT AND FANTASTIC: Charlotte Gallagher works through her Pilates routine

Pilates routine works out well

WHEN Charlotte Gallagher injured her neck and back blowdrying her hair last February, she realised the toll six pregnancies had taken on her body.

Seeking treatment from a physiotherapist and a massage therapist, Mrs Gallagher was encouraged to try Pilates.

“My core strength was zero because of six pregnancies but now it’s back – yes!” the 45-year-old Hawthorne woman said. Muscle strength hasn’t been the only upside to Mrs Gallagher’s new exercise regime – she has also won an eight-week weight loss challenge at Studio Pilates.

She lost 15.8kg – about 19 per cent of her body weight – in a hard fought contest, pipping the runner up by 300 grams.

“I’d only been here about six to eight weeks when the challenge started,” she said. “My initial reaction was ‘you’d have to be damn keen to do that’ but I tried and it was great.”