Pilates For Buff Bones® DVD Changes The Face Of Bone Health And Fitness

Pilates for Buff Bones®, the first-ever fitness DVD to focus entirely on bone health and safety in a traditional Pilates class format, is now available on PilatesForBuffBones.com and sold on Amazon. Integrating safe bone-strengthening and balance techniques, it offers a full-body workout for healthy individuals as well as those with bone loss.

(PRWEB) January 19, 2012 -- Pilates for Buff Bones®, the first-ever fitness DVD to focus entirely on bone health and safety in a traditional Pilates class format, is now available on PilatesForBuffBones.com and sold on Amazon. Integrating safe bone-strengthening and balance techniques, it offers a full-body workout for healthy individuals as well as those with bone loss.

Creator Rebekah Rotstein, a recognized Pilates and bone health expert who has presented the workout at prestigious resorts including Canyon Ranch and Rancho La Puerta, was diagnosed with osteoporosis at 28. “I wanted to create an inclusive workout for people looking to prevent bone loss as well as those already encountering it,” she says. “I realized that people were eager to reap the benefits of Pilates while maintaining bone safety.”

The DVD allows viewers to perform the complete Pilates for Buff Bones® workout as well as the convenience of selecting individual sections according to body region or exercise goal. Bonus material includes:
• A helpful tutorial of workout tips, explaining the concepts and sequencing of the workout
• An engaging bone health lesson on ways to protect and strengthen your bones
• A personal story of Rotstein’s own journey with osteoporosis

Rotstein says, “I hope to put a fresh face on bone health and show people that conditions like osteoporosis are not just your mother or grandmother’s disease. At the same time, I want to encourage people to care for their bones and empower them with the tools to do so.”

Medical endorsements of the DVD include leading physicians: former U.S Surgeon General Richard Carmona, M.D., women’s health guru and New York Times bestselling author Christiane Northrup, M.D and prominent sports medicine physician and author Jordan D. Metzl, M.D.

About Rebekah Rotstein
Rebekah Rotstein is the founder of Incorporating Movement and the creator of Pilates for Buff Bones®. She is a certified Pilates instructor and movement educator who teaches through her Manhattan Pilates and exercise studio, offers seminars and guest presents throughout the United States and internationally, including at conferences such as Pilates on Tour®. Rebekah is a partner of the Office on Women's Health, U.S. Department of Health and Human Services, and is a featured visiting instructor at Pilates Anytime. She been a contributing expert for the Web site of Dr. Andrew Weil (www.drweil.com) and is frequently interviewed in various media including CNN, Runner’s World and Martha Stewart Living Radio. She was diagnosed with osteoporosis at only 28 and has since improved her bone density through diet and exercise alone.

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