



TATIANA NOVAES PILATES

Welcome to my March Newsletter 😊

I know this is coming to you a bit late in the month as we are already mid March and the Easter and the holidays are nearly here again!

I have been really busy the last few months depending my learning into how our hormones affects our weight and the way we feel and I am really looking forward to sharing more with you in the coming months.

To help me and to help yourself I have designed a short survey to see where you are in your health and fitness and see how we can together get a plan for you to finally achieve what you hope for in 2024.

It is never too late to change and it is never too late to become healthier and fitter. As we grow older our bodies change and we start to produce less of certain hormones and we are less likely to have enough muscle strength to keep us going and keep us active and in balance in a healthy way. So self care is not a luxury, it becomes a necessity that you must allow yourself and give yourself that time and space in your week.

Have a look at the survey and let's have a chat afterwards once you fill it in.

If you would like to send me a message click the Contact me button.

[Exercise and wellbeing Survey](#)

Facts and fun about March:

It used to be the first month in the old Roman calendars.

The name "March" comes from Mars, the Roman god of war.

It's famous in history for the "Ides of March" being the day Julius Caesar was assassinated.

Spring starts between March 19 and 21 in the Northern Hemisphere (autumn in the Southern).

The first phone call and the first tweet were both made in March.

The month's two biggest holidays involve green beer and candy in the shape of eggs!

[Book your 1-2-1 sessions with me](#)

Celebrate Women's History Month



March is Women's History Month, with national arts and history organizations commemorating and encouraging the study, observance and celebration of the vital role of women in history.

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- Health and fitness lead the way. A new exhibition at the [National Archives Museum](#) includes stories and artifacts related to trailblazers in sports like Wilma Rudolph, Billie Jean King, and Althea Gibson.
- Joni Mitchell is receiving the Library of Congress Gershwin Prize for Popular Song.
- The Library of Congress is honoring "[Women of Five Wars.](#)"
- The American Film Institute is documenting early women filmmakers.

These are just some of the many ways our country is shining a spotlight on women this month. Women's history IS American history. We are living it every day. To history, health, and the future!

[Book your FREE online Group Pilates session trial](#)

RECIPE OF THE MONTH - Waldorf Salad



- 1/3 cup buttermilk
- 2 tablespoons Dijon mustard
- 1 tablespoon mild honey
- 2 teaspoons extra-virgin olive oil
- 1 tbsp lemon juice, plus more, to taste
- Salt and pepper
- 8 medium celery stalks
- 1 small sweet, crisp apple
- 1 cup seedless grapes
- 1/4 cup coarsely chopped, toasted walnuts
- 1/4 cup coarsely crumbled blue cheese

-- From "Start Here: Instructions for Becoming a Better Cook: A Cookbook"

1. Make the dressing: In a large bowl, whisk together the buttermilk, mustard, honey, olive oil, and lemon juice. Season to taste with salt, pepper.

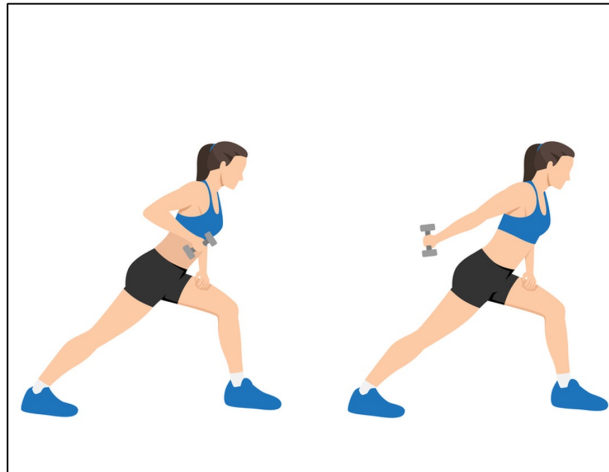
2. Make the salad: Thinly slice the celery crosswise on the diagonal. Core and thinly slice the apple. Cut the grapes in half. Add the celery, apple slices, and grape halves to the bowl of dressing and toss to combine. Taste and add more lemon juice, salt, and pepper if desired.

3. Divide among serving plates, along with some of the dressing in the bowl. Top with blue cheese, nuts, and celery leaves, and serve.

MOVEMENT OF THE MONTH - Triceps Kickback

1. Pick up a dumbbell with your left hand.
2. Assume split stance, right leg forward.
3. Tighten core, lean forward, back straight.
4. Put right hand on right thigh.
5. Bend left arm to 90-degree angle, keeping the upper arm lined up with the upper body.
6. Without moving the upper body or the upper arm, slowly straighten the lower arm, keeping the wrist rigid.
7. Slowly return the lower arm to the starting position at a 90-degree angle.

NOTE: You can also do these with resistance bands or even cans.



[Contact me](#)

Thank you so much for your continue support, have a wonderful weekend and I look forward to seeing you soon either online or face to face.

Lots of love,
Tatiana xx