

Honolulu pilates instructor - personal trainer - exercise fitness training

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[HAWAII AT WORK]



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Cara Loeser, Pilates instructor

Pilates instructor stretches for clients

**Cara Loeser uses physical challenges
to help teach ways of keeping in shape**

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Star-Bulletin Staff

I tell people to keep their posture straight, abs in, inhale through their nose and exhale through their mouth. I'm a pilates instructor.

Ever since I can remember, fitness has been a part of my life. My mother was a yoga instructor, my dad was a championship boxer.

They taught the importance of keeping physically fit and now I do the same for others through pilates, which is something like yoga.

Though it's been around since the early 1990s, the fitness-minded are only now becoming aware of pilates. It is rapidly gaining in popularity.

Not only do I get to teach my clients techniques to keep themselves physically fit, but I also get to teach them a form of exercise that not very many people know about.

I think that's what really makes being a pilates instructor interesting for me. Also, I'm trying to help people with disabilities. That's my main concern.

Pilates exercises have also helped me to maintain my physical condition in spite of the fact that I have multiple sclerosis.

MS is a condition where signals sent between the brain and body are disrupted by the body's nervous system. Physical exercise helps to reinforce the links between my mind and body.

If pilates has been beneficial for me, think of the benefits it has for my clients. I believe in what I'm teaching. Pilates is helping me take care of my own health, so I know it can help to take care of my clients' health as well.

Being a pilates instructor also allows me to meet new people and build stronger relationships with my existing clients.

It definitely is a people business. I'm a people person, so it's a great match for me.

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