

## Pilates instructor brings celebrity exercise craze to UK

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**A** NORTH East pilates instructor is raising the barre to bring the latest celebrity fitness craze to the region.

Barre training, the method of choice for ballerinas for centuries, gained popularity in the US after the success of the ballet-themed psychological thriller *Black Swan*.

Among fans of barre-based workouts is Academy Award-winning actress Natalie Portman, who used the technique to get into shape for her lead role in the acclaimed film.

Now North East pilates master trainer Emma Newham has brought the celebrity exercise craze to the UK.

The 41-year-old has created Barre-Concept – the first barre DVD to be released in the UK.

The workout promises to sculpt and redefine the entire body.

Emma, who is mother to nine-year-old Amy, said: "I think *Black Swan* is a factor in barre exercise becoming known and also because we are seeing celebrities like Madonna doing it.

"I think it's going to be incredibly popular in the UK because, like Zumba, it combines the world of dance and fitness.

"The DVD is really high energy and something people can do at home. The exercises can be done using a barre or the back of a chair so it works really well."

The Journal is encouraging people to improve what they do for exercise as part of the Great North Fitness Revolution.

Launched in May, the campaign has gained support from across the region.

The BarreConcept DVD, which will be released in January, incorporates the precision of pilates with the positions, moves, grace and technique of ballet.

The exercise also draws on the alignment of yoga and strength from sports conditioning.

The combined elements of the different methods form a challenging workout, which stretches and sculpts the muscles, while burning fat. Balance, strength, stamina, power, flexibility and control all also improve.

As well as the DVD, Emma has published the world's first instruction manual on the barre workout method.

Her BarreConcept instructor certification course is the first in the UK to be externally verified and accredited by the Register of Exercise Professionals.

Founder of Pilates Union UK, Emma has been in the fitness industry for over 15 years, and owns MyBody Studios, in East Boldon, South Tyneside.

The Journal launched the Great North Fitness Revolution with the help of the Great North Run to tackle the growing problem of obesity in the North East.

The region is the second most obese in the whole of Europe, according to data.

The revolution aims to show how small changes to what we eat and do for exercise can make a massive difference to the overall health of the region.

To support the campaign, visit [www.greatnorthfitnessrevolution.org](http://www.greatnorthfitnessrevolution.org)  
Visit [www.barreconcept.co.uk](http://www.barreconcept.co.uk)

# Raising the 'barre' in a bid for fitness



**SHAPING UP** Pilates trainer Emma Newham trains in Barre training, the method of choice for ballerinas

Swimming Work out Diet Walking Running Cycling

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## Grant helps keep ex-addicts restoring furniture

A PROJECT that trains former alcoholics and drug addicts to restore antiques has won a cash boost.

Catherine Trillo, who helps the vulnerable to turn their lives around by restoring antique furniture, has been given £200,000 to expand the project that has already proved a huge success on

Tyneside. The 45-year-old trains groups of women to restore expensive furniture, textiles and picture frames to grace lavish homes across the North East.

She was awarded a £200,000 Big Lottery Grant which will help keep the project running for the next three years.

Catherine, of Fenham, Newcastle, said:

"This is great news. We need more cash, but this gives us a secure basis to work from." Almost two years ago, Catherine opened an antiques shop on Dean Street, Newcastle, displaying items she and her trained colleagues have restored.

The mother-of-one called her shop Lydia's House after a woman in the Bible

who dyed expensive cloths to sell to the noble and give her profits to the poor.

Catherine started her project helping women escape from alcohol, drugs and depression in a workshop in Northumberland but has moved to the Grade II-listed Eagle Building in East Street, Hendon, where she has four paid staff.

## NORTH TODAY

### COURT

## £40k theft charge

A FORMER practice manager has appeared in court accused of stealing more than £40,000 from his employer.

Ian Armstrong, of no fixed abode, is accused of stealing from the West Road Medical Centre in Newcastle between March 2010 and August this year.

Newcastle Magistrates' Court heard how the 43-year-old was accused of stealing a total of £40,812.86.

Armstrong was arrested in Norwich on December 15 and appeared charged with theft.

He was remanded in custody and did not enter a plea. He will appear at the same court on December 28.

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### PHOTOGRAPHY

## Join flash mob

NEW members are welcome to come along when Morpeth Camera Club resumes its weekly meetings on Tuesday, January 3, following the Christmas break.

The club meets every Tuesday at 7.30pm in the Methodist Church, Howard Terrace, Morpeth.

For more information about its events and activities visit the website [www.morpethcameraclub.co.uk](http://www.morpethcameraclub.co.uk)

### COURT

## Robbery accused

A MAN has appeared in court after a shopkeeper was stabbed with a knife during a robbery.

The 30-year-old businessman was wounded while he was in his store, Rose Hill Off-Licence, in Northumberland Terrace, Wallsend, on Saturday evening.

Yesterday, Daniel Girdlestone, 22, of no fixed abode, appeared at North Tyneside Magistrates' Court charged with robbery and was remanded in custody until January 3.

Two other men arrested in connection with the incident, aged 25 and 26, have been released on bail.

### ART

## Talent showcased

A TALENTED employee has won the once-in-a-lifetime opportunity to showcase her art.

Joanne Oskarsen-Stewart won Longbenton-based Quorum Business Park's on-site competition to have her work shown at the Baltic, in Gateshead.

Her winning entry was a black and white photo entitled *Another day, another dollar*. Joanne works at Tesco Bank and lives in Morpeth.