



My name is Deb Valenti. I have been a group exercise instructor for twenty years and a Pilates trainer for the last three years. My passion became fitness after my first child was born 25 years ago, and has only grown over the years as the fitness industry has changed and evolved. Like the fitness industry I needed to change the way I exercise to avoid injury and burn out.

I discovered Pilates about four years ago. I've been amazed at the way practicing Pilates has changed my body, and how I think about the other exercise formats I do. Instead of being a cardio junkie, but I now do more weight-lifting and Pilates. I can honestly say my body looks better at fifty than it did at forty!

As everyone says, "It is all about the core." Think about, and engage, your abs before any exercise you are doing. (Especially your transverse abdominals!) Visualize your middle being wrapped in a corset, and tighten the corset before starting movement. My job as a Pilates trainer, is to help you find awareness of that corset, and keep it turned on all day so you stand taller and move more effortlessly.

Trainer Tip: Keep the front of your ribs connected to the front of your hips and your shoulder blades reaching down your back during all exercise.

