



## May Cheng

### Senior Certified Pilates Practitioner, Polestar USA

- Gyrotonic® Instructor
- Bowen Therapist

I am a very sports oriented person. I was once known to my friends as having 'ants in my pants' as I was not able to sit still, hopping from one type of sports to another. My sporting activities include, tennis, golf, swimming, running and cycling. After years of all the activities, my body began to take its toll, aches and pains started creeping in and that was when I discovered the wonders of Pilates.

Pilates did not just rid my back and shoulder pain but it also enhanced my performance in all my sporting activities and most importantly, Pilates has prevented other sports related problems from occurring. I have now been involved with Pilates for 5 years. Initially as a client and then moved on to become a fully certified Polestar Pilates and Gyrotonic Instructor.

I am able to work with the young to the elderly and those that are fit to the unfit, as I am also a Specialist in Fitness for Older Adults and a Fitness Therapist, both certified by International Sports Sciences Association, USA. I am also CPR trained. Stemming from all my sporting and certifications, I have the knowledge and practical flexibility matching techniques and changing strategies to meet the goals, needs and personality of clients. I will be able to develop personalised pilates programs to address individual needs and monitor the transition and progression of each client into new, more effective exercises.