

Your Power Center

In the mid-1990s, a system of exercise that had long been a staple of the dance community became popular in health clubs. It is called the Pilates method.

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates in Germany, the United Kingdom and the United States. Presently, there are about 11 million people practicing the discipline regularly and 14,000 instructors in the United States.

The system was developed by Joseph Pilates during World War II as a way to strengthen the bodies of immobilized patients. By using springs attached to beds, Pilates experimented with ways to build up muscles, especially in the patients' midsection.



An article in the *Chicago Tribune*, written by Bob Condor, states: “The Pilates system focuses on first building your ‘power center’ – the abdomen, buttocks and lower back – to make all body movements easier. ‘If you don’t have a strong torso, you will not be in full control of your arms and legs,’ says Sean Gallagher, a physical therapist and athletic trainer who owns the Pilates Studio in New York. ‘Everything we do starts with our center of gravity.’”

That certainly makes sense. It makes sense not only with our bodies, but in every area of our lives, including finances, relationships, work and emotions. Our power center is our spiritual life.

Think about it: The people you know, respect and admire most likely are those who have a faith in God that is evident in their deeds and actions. Such individuals not only have a love for God but a genuine love for others, too.

Those who are spiritually strong in the Lord find strength flowing into all areas of their lives. For that reason, nothing can benefit our lives more than the exercise of spiritual disciplines.

Keep your heart with all diligence, for out of it spring the issues of life. Put away from you a deceitful mouth, and put perverse lips far from you. Let your eyes look straight ahead, and your eyelids look right before you. Ponder the path of your feet, and let all your ways be established (Proverbs 4:23-26).

– Beecher Hunter