

BUSINESS beat

Hilliard Studio Method™

Shaping the Neighborhood: Three Myers Park women share their secret to staying toned, happy and youthful.



Myers Park Neighbor: Emily Harry

Occupation: Baby Bundles co-founder and mother of twin girls

When She Started Hilliard Studio Method™: January 2010

Her Story: HSM has been the most effective exercise method to happen to my body and my mental state! It took one class to realize that this Method was going to help me lose those last lingering pounds and allow me to regain my pre-pregnancy body and life back. I love that each class completely challenges me and pushes me to the outer limits of what I think that I can accomplish physically. As a busy mother raising young twins, I find that HSM recharges me not only physically but mentally. I leave each class with more energy, focus and a positive attitude which is a bonus! I have exercised for most of my life and have never found a method that tones, tightens, shapes and sculpts like HSM and am thrilled that I have found such an effective workout that I look forward to and enjoy. I am and will always be a disciple of HSM and give credit to Liz and Clary for helping me attain and maintain my figure.



Myers Park Neighbor: Anne Barnard, M.D.

Occupation: Medical doctor and mother of two boys

When She Started Hilliard Studio Method™: August 2010

Her Story: Fitness has always been an important part of my daily life. After being diagnosed with early pre-thinning of bones called Osteopenia, my doctor recommended that I shift the focus of my workouts to more weight-bearing exercise. I began taking classes at HSM twice a week and immediately noticed significant changes in my body. For the first time in my life I was able to do a full push-up, and in fact, can now do several dozen. Two months after beginning the core-centric workouts, I put on a pair of pants that I had purchased prior to starting HSM, and I needed a size smaller in my waist and hips. These positive changes have translated into improved performance in my other activities, specifically running and yoga. I finished my 4th half marathon in December a full 2 minutes faster than my previous PR. Yoga postures that I had previously avoided are now part of my regular practice, and I am much less injury-prone. Most importantly, I feel stronger and more energetic than ever, and I am able to continue to improve my physique with a minimal time commitment of 2 hours a week at HSM. It has changed my life, and I firmly believe it will help increase my bone density. I have recommended Liz and Clary to a number of friends, colleagues, and patients. I just hope that there will still be room for my mat in the midst of the incredible group of women who frequent their classes!



Myers Park Neighbor: Amy Hines

Occupation: Mother of four

When She Started Hilliard Studio Method™: Early 2009

Her Story: At HSM, Liz and Clary create an energetic atmosphere that is fun! I have noticed tone and definition in a way that I have never achieved in a straight cardio workout or in running. Liz and Clary seek out the latest and most effective methods and incorporate them into their workouts. Every class is exciting and cutting edge. The class has also become a community where friends exchange diet and health tips, plus Liz and Clary send a new health tip out each week!



Don't have the Body you want?
You're not getting the workout you need.
Do the Method...

HILLIARD STUDIO METHOD

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