

JOIN THE PIYOLET CRAZE

By Jo-Carolyn Goode
Style Feature Writer

With the dawn of this new year, there is one resolution that many have tended to make. I must admit, I am one of the many guilty of making the same resolution, to lose weight and be healthy. There is no doubt about it, this resolution has validity because living in a city where everything is "Texas size" including our food portions that has resulted in our waist lines, a few Houstonians could stand to shed a few pounds. One sure fire way to drop the pounds is by exercising. But what if none of the exercises out there strikes our fancy, and we crave something different? Well, I suggest Piyolet.

Piyolet is a new and unique form of exercise that combines Pilates (Pi), Yoga (Yo), and Ballet (Let). "Pilates, itself, really focuses on the abdominal area, lower back, and gluts areas in the center of the body. Yoga brings balance, strength, flexibility, and gives more of a full body workout. Ballet provides a graceful, flowing movement. So with Piyolet, a person gets a total body workout with movements that flow more, a combination of Pilates, Yoga, and Ballet," said Roslyn Bazelle, president and creator of Piyolet. "Piyolet not only strengthens and stretches the body, it also tones the core, lengthens the muscles in the

limbs, relaxes and refreshes the body and mind."

Bazelle, who recently created the exercise, was motivated to develop it because of her love of Yoga, Pilates, and Ballet. She did not see an exercise form that combined all three. With the help of Team Piyolet - Jennifer Lopez, Alex Neblett, and Tara Thomas -she created an instructional DVD with Patrick Quinn. "I wanted to do the video because, in the end, Piyolet is more about focusing on health and how you can use that health to help others," said Bazelle.

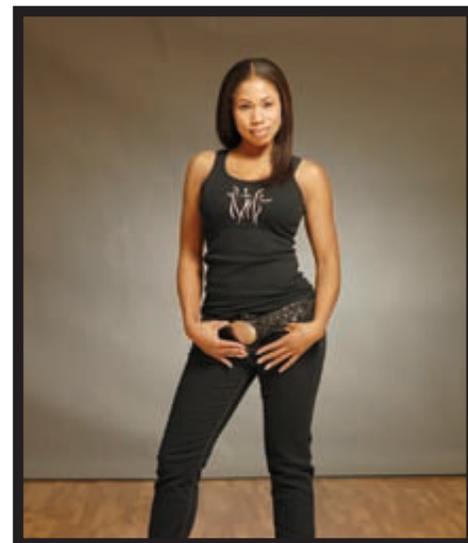
The fifty-six minute DVD entitled "Piyolet by Roslyn Bazelle" is interactive with three Piyolet sessions of approximately fifteen to twenty minutes each. She readily admits that this DVD is for those who are at an intermediate to advance fitness level and are somewhat familiar with Pilates, Yoga, and/or Ballet, although she does not discourage the beginner from giving it a try. In the future, Bazelle will make a DVD for the beginner that breaks Piyolet down to the very basics for those who have not had any form of Pilates, Yoga, or Ballet training.

Some are still thinking, "Why should I try Piyolet?" Bazelle boast that Piyolet has many benefits other than strengthening muscles and increasing flexibility. It can also improve balance and

posture as well as refresh the spirit. "The foundations of Pilates, Yoga, and Ballet have great benefits but when you combine them all together, they make for an exceptional workout," said Bazelle, who is a professionally trained dancer and an American Fitness Association certified group fitness instructor.

Right now, there are two ways to catch on to the Piyolet craze. The first is through the DVD, "Piyolet by Roslyn Bazelle" that can be purchased online at www.piyolet.com and soon at some stores. Secondly, unlike some doctors, Bazelle makes house calls in the form of Piyolet parties. Gather a group who want to try an exciting form of exercise, and Bazelle will come, explain Piyolet, demonstrate some movements, and, if your crowd is game, she will conduct a short Piyolet class if space permits. At the party, she will also reinforce some things about healthy eating and healthy living. We all know it takes a combination of exercise, diet, and lifestyle to be in overall good health. Currently, there is no charge for a Piyolet party, but it is a sure bet that once the demand of Piyolet grows, that will change. Piyolet is not taught anywhere else in the country, but Bazelle is working with some fitness clubs to change that.

When not toning on Piyolet, Bazelle can be found hard at work on her



Roslyn Bazelle, president and creator of Piyolet

other career ventures. She is an accomplished attorney, singer, lyricist, and writer. At Weycer, Kaplan, Pulaski & Zuber, P.C., she practices corporate real estate and entertainment law. As far as her career as a songstress, Bazelle is still nurturing that. Most of the songs on her Piyolet DVD are Bazelle's originals. Her most gratifying performance, she states, was singing at her one hundred and four-year-old grandfather's funeral. "My grandfather was my biggest inspiration. He lived a certain lifestyle," said Bazelle as she spoke about the values her grandfather instilled in her to make her the person she is today. With her writing career, she is a health and fitness writer for the "Gospel Truth News" that is distributed locally.

To find out more information about Piyolet and Roslyn Bazelle log on to www.piyolet.com.



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