



# Pilates for Every Body

## Meet Penny Shure

Dr. Neustadt is always excited to learn about people doing innovative work helping others improve their health. In this newsletter, NBI is thrilled to feature Penny Shure. Her mission is right in line with NBI's and her work is important for helping people improve their balance and flexibility, which can reduce osteoporosis fracture risk. And with her online platform, she's now made it available to everyone.



For the past 15 years, her passion has been to teach Pilates in the safest, most sensible way possible in order to help everyone stand taller, become stronger, improve balance, and look and feel the best they can.

She put her best video lessons, workshops, programs and wellness products together in one place, on her website [www.pilatesforeverybodyny.com](http://www.pilatesforeverybodyny.com) to help you find as many new tools as possible for your personal "wellness tool kit." That is why she developed the Gentle Pilates Video Workshop, the Airplane Workout for travelers and the Light Meditation to help you relax and feel great.

That is also why she offers the Happy Bones, Happy Life program, the Marodyne Low-Intensity Vibration Platform and the Ziva online meditation program. |