

Today | This Week

Local motion

For Evy Chipman, Gyrotonics is the workout breakthrough she's been looking for

Lisa Kasanicky
AZ Society
Apr. 1, 2005 12:00 AM

Apparently there's more to life than baseball. While Evy Chipman, wife of Diamondbacks part owner Mike Chipman, won't miss a game, she's also unlikely to miss a date with her Gyrotonics trainer. Described loosely as yoga with resistance, Gyrotonics incorporates equipment and movements that stretch and strengthen the body while increasing range of motion and coordination. Evy tells us more.

First things first: What is Gyrotonics?

Well, it's probably one of the hardest things I could ever describe. It's got pulleys and wheels that you move your arms around to give you full ranges of motion.

So it's equipment-intense?

You're working with one major piece of equipment, and you use it in many different directions.

Does Gyrotonics require an instruction manual?

You absolutely have to work with a trainer! Mine is G Pelliteri at the Pilates Institute of Scottsdale. She does Pilates and Gyrotonics, and has the machines for both. I have never run into anybody who has observed and understands the body as strongly as she does. I feel much more open, and I'm not sure if it's because of my trainer or because of the activity I'm doing.

Did you have to learn to breathe all over again?

It seems as if all these methods have their own breathing. It's very confusing. I mean, I have yoga breathing, Pilates breathing and now Gyrotonics breathing. One day I'm going to get them all confused and not know what to do!

So are you one of those people who likes to exercise?

I didn't start exercising until I was 50, when I retired. I might have done a few things in between--join a gym, do it for two months, not doing anything else--but then I started yoga when I was maybe 52. I went from there to strength training, from there to Pilates to Paul Chek (balance work with fitness balls) and then to Gyrotonics.

What is it about Gyrotonics that keeps you going back for more?

[Laughs] You know, when you don't do anything most of your life and then you start, you have a little work to do!

I think this is probably the one thing that's going to help me break through some of the limitations I've had. The pulleys help you do movements you could not do otherwise. You're using all your muscle groups in trying to get this going. It's very hard! I was sure I couldn't do it when I started (last November). And little by little, you open up.

Do you have a favorite reward food?

[Laughs] Besides chocolate? Dark chocolate! I love it!

Are you a Gyrotonics groupie now?

It's awesome! At least for my needs. For me, it is the best thing for my body I think I've ever found.



Tracy Rasinski/AZ Society

Trainer G. Pelliteri shows Evy Chipman the correct positioning to maximize her results.