**About Bob Hannum**

**Update: Jan. 6, 2014



Dedication**

My teacher and 'Pilates Elder,' [Mary Bowen](http://www.pilates-marybowen.com), first introduced me to Pilates, and ushered me into a marvelous world of wise fitness. She continues to be a wonderful support and inspiration. Thank you Mary!

**My Story**



Without daily exercise I'm crawling up the walls! I've tried just about everything from boxing to modern dance; wrestling to yoga. Some techniques so impress me that I teach them - my favorite is Pilates.

Along the way I've learned a great deal about what works and what doesn't in the world of fitness and nutrition, and share all of it here.

Other adventures include co-owning fitness facilities, retreating to [monasteries](http://www.dharma.org), a brief time as a professional modern dancer, repairing sculpture for artists and museums, principle actor in the science fiction opera [*Valis*](http://www.youtube.com/watch?v=gYiFQfi8IT0), interviewing a living saint [Jean Vanier,](http://www.jean-vanier.org/en/home) publishing research on social integration, helping to spearhead [Shared Living](http://www.nonotuck.com) in Massachusetts, and creating 'social enterprises' for people with disabilities.

My Pilates career began nearly 40 years ago with a serious back injury. I was facing surgery and a premature end to a dance and acting career. The ‘Pilates Elder’ [Mary Bowen](http://www.pilates-marybowen.com) told me that Pilates might help. I had never heard of it, but with nothing to lose I tried it.

The results astounded me! Not only did I avoid surgery and medication, but I quickly returned to acting and dancing with more strength and confidence than ever before. Pilates was truly extraordinary, and I wanted to become an instructor and pass it on to others.

Fast forward a couple years later. I was growing frustrated by the complexity of Pilates instruction among my colleagues. Spend a couple minutes on any Pilates forum and your head will start spinning with all the talk of physiology, kinesiology, anatomy – it’s overwhelming! It doesn’t have to be that way, and [Joseph Pilates](http://www.pilateslessons.org/joseph-pilates.html) didn’t teach it that way. I decided to get back to basics by developing an instructional method - now available in ebooks and videos on this website as well as Amazon, Barnes & Noble, and iBooks - that makes Pilates quick and easy to learn. It’s been many years in the making and a dream come true.

I’ve taught all age groups from children to seniors, and all fitness levels from beginners to advanced. I've also taught people with a variety of mental and physical challenges.

My specialty is the Pilates mat routine - a simple but rigorous method that uses your own body for resistance. This freedom from equipment and a gym has been particularly important for me since I travel a great deal - I do Pilates in hotel rooms and even airports!

I continue to deepen my understanding of this brilliant exercise method. Every other morning, the stiffness and joint pain I feel at age 60 is relieved with only a couple minutes of Pilates!

I hope you join me on this adventure and share with me your experiences along the way.

**Mission**

My mission is to provide the highest quality and most up-to-date Pilates mat instruction and fitness advice. The information on this site is meant to complement and not replace any advice or information from a health professional.