Try This

Strength training tones your brain and your body. One method is Pilates, a series of stretches and poses. Here’s a starter move.

April 1, 2010 By Willette Francis

The Roll Up: Lie flat on a mat or carpet, legs straight, feet pointed and arms flat on the floor over your head. Pull belly button toward your spine. Inhale and start lifting your arms; as they pass the ears, exhale and use your abs to roll your upper body up. Exhaling, reach toward the toes without touching them, then inhale, contract lower abs and roll back down slowly, exhaling. Do five reps.

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http://beta.docker.poz.com/article/pilates-training-hiv-18199-2707