All Systems Go!
From Body Technic Systems, Inc.
An Integrative Physical Therapy & Fitness Center

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What is Body Technic Systems?
‘Therapy and Fitness for Maximizing Mobility’
Provides the Core Philosophy.

“For 26 years we’ve been committed to providing personalized, integrative, and skilled physical therapy and fitness services.

Our highly-trained therapists provide treatment that reduces pain and inflammation, increases range of motion, and improves posture, strength and body mechanics. We pride ourselves on our commitment to excellence, integrity and quality physical rehabilitation care.” -Sunday Homitz, L.P.T., B.F.A. Dance Founder

Services Include:

• Integrative physical therapy
• Pilates certified core training and teacher training program since 1991, in N.E. Ohio
• Injured on the job (Workers’ Compensation Certified)
• Advanced fitness training based on biomechanics, anatomy, breathwork, physiology with a focus on the elements of efficient movement
• Kinexercis™: a unique system of movement designed to improve daily function, fitness and sport activities.
• Sports performance enhancement
• Buteyko Respiratory therapy (see #2)
• Jin Shin Jyutsu acupressure
• Dance sports rehab
• Acupuncture
• Massage therapy / Manual Therapy
• Movement, flexibility, strength, toning
• Nutrition-See Ted Ingram RD bio

Meet Some Members of The TEAM:

1. SUNDAY HOMITZ, L.P.T., a licensed physical therapist since 1997, founded Body Technic Systems®. Ms. Homitz uses an integrative approach to FULL FUNCTIONAL ACTIVITY. physical therapist, personal fitness trainer and Pilates master-class instructor. Sunday established her Pilates school in 1990, The longevity of Sunday’s Pilates school, 26 years, is due to classical and somatic/integrative work. Sunday, a life-long dancer and holds a BFA in Dance Performance and Pedagogy and is also a specialist in performance arts. She has been on the dance faculty U. of Akron for over 10 years. Sunday was the lead physical therapist for the Cleveland-San Jose Ballet and has worked with touring shows such as Disney’s Newsies.

Sports Performance Arts (S.P.A.) Internship Program: 1. Middle school and high school / college athletes / 2. Athletic trainers, athletes, sports medicine practitioners interested in enhancing their own performance, conditioning, and teaching. These are electives with the student starting out with flexibility, strength and toning. Participants completing 3-4 weekends are eligible to receive a “Certificate of Attendance” comprising 35 hours/course units. All classes are instructed by licensed or certified professionals in their respective field directed by Ms. Homitz.
2. CAROL BAGLIA is a Registered Respiratory Therapist, who has worked with Body Technic Systems since 2004. She is an experienced Buteyko Breathing Educator and Trainer who coaches those with breathing difficulties to naturally restore efficient and effortless breathing without medications or machines. Buteyko Breathing is a technique to reposition and release blockages in the sutures in the skull and correct deformities specifically in the nasal region.

These life-saving techniques help with: •Sleep apnea to provide sound sleep •Reduce (stress) negative emotions states •Improve mental clarity and concentration •Strengthen the immune system – fewer colds, flu and infections •Boost energy and improve metabolism. •Detoxify and cleans Breathe easier with Carol Baglia, professional breathing coach. Stop symptoms, increase energy, sleep restfully. Healthy tip: ‘Sick people breathe more; breathing more makes healthy people sick’.

3. HOPE SCHULTZ.
Hope Schultz is a Certified Pilates instructor/trainer, dancer and dance teacher. Focusing on training the body to move with balance and efficiency is one of Hope’s main goals when working with clients. Hope uses her Pilates repertoire as well as her movement background to bring a stronger understanding between the body and mind connection for her clients. She works at assisting the client in preventing injury as well as conditioning to maintenance. Hope assists with strength training and proper posture alignment to provide years of healthy and happy muscles. As a professional dancer, Hope has performed and choreographed for companies here in Cleveland, including: SAFMOD Performance Ensemble, Morrison Dance and the Looking Glass Project.

4. KELLI SANFORD, MFA, is a certified Pilates Instructor, owner of PHYSIQUE KINETICS LLC., and Artistic/Executive Director; Real Edge Dance Company. Ms. Sanford offers personalized training in Pilates Reformer, Chair, Spine Corrector, and small Group Mat classes for individuals of all ages & needs such as senior citizens, dancers, athletes, bodybuilders, and fitness enthusiasts. Kelli Sanford received her Pilates training from Body
Technic Systems, where she offers professional instruction that matches each client’s physical needs & goals. Physique Kinetics will help strengthen core muscles (Abdominals/Back), improve body awareness, alignment, and sculpt all muscle groups. Pilates Training improves all aspects of physical movement and common, daily activities. Ms. Sanford’s Pilates training approach is customized for each client. It is straight forward, logical, and invigorating. Physique Kinetics’ philosophy is about finding a physical and mental balance in strength, flexibility, endurance, and concentration that will produce optimal facility of the body.

Ms. Sanford holds an MFA in Contemporary Dance from Case Western Reserve University, and is the founder and artistic director of REAL EDGE DANCE COMPANY. She is a Senior Lecturer at The University of Akron and in 2015 won the title of OVER-ALL MASTERS FIGURE CHAMPION at the NPC Natural Ohio Bodybuilding Competition in Lakewood, Ohio. Body Technic Systems works in close co-operation with Red Dance Center Studio to provide ongoing master-classes in dance movement.

5. SANDY WIEBUSCH, L.M.T.
Sandy is an educator incorporating her knowledge of Tai Chi, QiGong and massage therapy which she brings to her clients of all ages from her practice; Stress-Away Systems, which she offers to her clients as a specialist at Body Technic Systems. She earned her Ohio State License in massage therapy in 1992. Ten years later Sandy became a certified self-help instructor in the art of Jin Shin Jyutsu Acupressure.

Sandy helps her clients calm their nervous system, increase their circulation and integrate their mind/body connection. Sandy will gladly share many specific ways for you to integrate the self-help features of Japanese Acupressure for your specific “projects” or imbalances. Periodically, she teaches a three-part series of Self-Help classes, at Body Technic Systems so the clients can continue to enjoy the improved energy flow at home.

6. MOLLY ANDREWS-HINDERS joined Body Technic Systems after seeking holistic PT treatment for a recurring knee injury. Following her PT visits at BTS, Molly enrolled in the Pilates Teaching Training program, under the direction of Sunday Homitz, and has since become certified in Mat Pilates (Fall 2013) and Machine (March 2015).

She is a Cleveland-based professional actress, teaching artist, and musician, currently working primarily with Cleveland Public Theatre and The Musical Theatre Project. She attributes the success of her injury rehabilitation to Pilates, and cites the somatic practice as enriching her performance and teaching career as well. She is passionate about using movement, acting, voice, and music skills to connect to her community. She works at facilitate healing in self and others. She is a strong advocate of progressive social change through her work in performance art.
7. TOM EVERT - Pilates Instructor, who completed his Certified in Pilates Mat training at Body Technic Systems, Inc., in 2015. Breathe, centering, concentration, control, precision and flow are the fundamentals of both Dance and the Pilates Method of physical fitness. With the Paul Taylor Dance Company in NYC and as Artistic Director of DANCEVERT, Tom Evert established himself a world-class dancer in the mastery of these principles and is now extending this experience to all to create a movement lifestyle through one-on-one and class training in the Pilates Method. Through athletics, the study of human anatomy, Painting and sculpting figurative artwork, massage, performing, teaching, coaching, choreography and spiritual practice Mr. Evert has integrated this lifetime of experience into serving the wellness of individuals from all walks of life to align, elongate, strengthen and heal as a trainer in the Pilates Method.

Do you want to improve your health, appearance, state of mind, and functionality? Then Choose it! •Put your attention on your posture and breath, •avoid negative thoughts •and feel more! You will feel good instantly. So now stick with your commitment and do it all the time…moment to moment! Feel good all the time!

8. TED INGRAM JR., RDN, LDN, CPT – Integrative Clinical Nutritionist for JM Nutrition, Inc., and Block Integrative Cancer Treatment Center, Chicago, with Dr. Block, who started the Cancer center. Ted works with a number of physicians whether it’s patient care or organic food development programs. As of spring 2015 Ted has been presenting at Body Technic Systems, Inc. and has been doing nutrition seminars in June, October 2015 and March of 2016. Ted also gives nutrient and consultations with his clients by Skype, phone, and individual appointment.

Ted has had a hand in many celebrities’ nutrition such as Oprah Winfrey, comedian and producer - Lily Tomlin, Dr., John McDougall, M.D., Ellen Burstyn, actress, Dr., Cass Ingram, M.D., “Eat Right or Die Young”. Food sustainability and good nutrition continue to be paramount in his endeavors.

9. Mrs. ZHENG-PING CHEN is an acupuncturist, herbalist, licensed by the Ohio Medical Board and is nationally certified acupuncturist and member of the NCCAOM. Ms. Zheng-Ping Chen graduated from South Baylor University in Anaheim, California, at the top of her class and obtained a Master of Science degree in Acupuncture & Oriental Medicine after its four-year full-time postgraduate program which included 3,000 hours of training. After graduation, she received intensive advanced training at China’s most reputable Chinese medical school, the Academy of Traditional Chinese Medicine, in Beijing, China.

Ms. Zheng-Ping Chen comes from a family of traditional Chinese medical doctors. She is a third-generation oriental medicine doctor and started learning acupuncture and herbal medicine when she was a teenager in China. Because of her deep roots in oriental medicine, she is skilled in techniques most Western-educated oriental medicine doctors are unaware of. She has worked with her mother and sister in Seattle, where her family owns a successful oriental medicine clinic, and is also skilled in herbal health care.
10. PAM HARTLIEB. Pamela Hartlieb completed her massage therapy training with the National Institute of Massotherapy and became a licensed massage therapist in 2011 in the state of Ohio. With her knowledge of healing the body through massage therapy she realized that she wanted to incorporate another avenue of healing the body by helping others strengthen their body and studied both Pilates Mat and Machine with Body Technic Systems in 2011-2012. Pam believes healing comes from facilitating the body to release tension by breaking up the pain patterns that form within us. She also believes that it is important to allow the body to move and strengthen using Pilates.

Since that time, Pam is continually expanding her knowledge to help others facilitate healing from within. She studied Cranio-Sacral Therapy, Myofascial Release, Polarity Therapy, and Lymphatic Drainage Therapy. She is certified through the Hypno-Birthing Institute to teach parents the benefits of infant massage. She has her certification with the Day Break Geriatric Massage Institute for Elder-Care Massage. Pam received her Neuromuscular Therapy certification in 2015 with the Timberlake School of Massage. Finally, she has her Foundation Certification with Soul Lightening Acupressure in 2015, and is currently working towards her Clinical Certification in Soul Lightening Acupressure.

Pam currently teaches Pilates on Saturdays from 10-11:00am at Body Technic Systems in Solon, Ohio. Pam treats a variety of muscular pain issues within the body using massage therapy and various other techniques. She has seen many positive results with her clients using Acupressure to facilitate healing. Pam is available, by appointment only, if you are in need from relief from chronic muscular pain.

11. STEPHANIE STOCK - I completed my Physical Therapist Assistant training at Loma Linda University in Southern California in 1998. I have worked at UCLA medical center, several acute rehabs, skilled nursing facilities, home health and outpatient/orthopedic settings. I have been partnering with Body Technic Systems since November of 2013. I enjoy working with clients to meet their therapy and fitness goals through traditional methods as well as Pilates, and hands on therapeutic techniques. I look at my patients in a holistic way so that they can achieve the best outcomes!

I am actively involved in Ohio Advocates for Medical Freedom (OAMF) as PR Chair and Steering Committee Co-Chair. Our group fights to maintain the rights of Ohioans to make informed medical decisions for themselves. We are currently promoting HB-170 which is a bill that prevents healthcare employers from firing employees that choose not to receive a flu vaccine for reasons of choice, religion, or medical conditions.

I am also very active as a Co-leader of Holistic Cleveland Living. We provide social support as well as educational presentations for those interested in a natural/healthy living lifestyle. I strongly believe in educating and empowering my clients and the community to take charge of their health order to become the most vibrant individual they can be!

“The mind is like the wind and the body like the sand: if you want to know how the wind is blowing, you can look at the sand.” • Bonnie Bainbridge Cohen, Sensing, Feeling, and Action: The Experiential Anatomy of Body-Mind Centering®
Testimonials
I have known Ms. Homitz since 1998 when she was employed here in our Sports Medicine Section as a physical therapist. Upon completion of her Pilates certification, she became one of the first therapists in the Northeast Ohio area to institute this significant rehabilitation technique. She has since gone on to become an instructor of the Pilates technique. Ms. Homitz was a valued member of our physical therapy staff, not only as a skilled physical therapist but as a teacher in her profession with a special interest in dance and movement medicine. John A. Bergfeld, M.D., former Team Doctor for the Cleveland Browns and Head of Orthopedics Sports Medicine, Cleveland Clinic Foundation

Dear Sunday,
It’s not often that I write to a company or individual in order to thank them for their service. As you know over the last few years I have had my share of sport related surgeries and injuries and had been previously frustrated with the traditional “rehab” process. After meeting with you and your team and working through our initial rehab sessions, I knew that your philosophy of body mechanics and overall wellness was unique, insightful and truly focused on optimal health. Your approach, attention to detail and genuine caring of your patient’s health and long term success are truly special and valued especially in today’s minimalist health care system. Thank you again for all your guidance, caring and hands on work that has allowed me to return to the activities I enjoy and with a greater understanding of how to keep my body in best possible health. -
Warmly, Howard Slater

Body Technic Systems is where art and science live together in comfort and harmony. Just as director Sunday Homitz is a physical therapist, a leader in somatic education, as well as a professional dancer, so Body Technic Systems reflects that wonderful integration. You won’t find sloppy instructions, or dry medical talk, but instead a place where humor, creativity, accuracy and excellence are woven into the day to day operation. Cleveland is very lucky indeed to have a place where cutting edge information on movement and fitness is available. -Kimberly McKeever

“My fitness watch counts my steps, calories, heart beats, reps and excuses.”
Body Technic Systems, Inc. visit to Pittsburgh 2015-(on the far left) - Freddie H. Fu, MD, has been the chairman of the Department of Orthopaedic Surgery at the University of Pittsburgh School of Medicine and the University of Pittsburgh Medical Center (UPMC) since 1998, where he is the David Silver Professor of Orthopaedic Surgery. He has been the head team physician for the University of Pittsburgh Department of Athletics since 1986. 2nd from left: Professional Dancer/Choreographer Hope Schultz & Certified Pilates Instructor. 3rd from left: Sunday Homitz, L.P.T., B.F.A. Dance, founder of Body Technic Systems, Inc. & former physical therapist for the Cleveland San Jose Ballet. On the far right: former Principal Dancer Paul Taylor Tom Evert and Certified Pilates Instructor.

Inquire Today if YOU Need Help With (Partial List):

• Chronic Pain Issues
• Cervical Strain
• Knee, Back, Shoulder, Hip Surgery...Look at Other Options
• Rehab Post Surgery
• Carpal Tunnel
• Lumbar and Back Issues
• Custom Fitness Training
• Sport Specific Training (Including Tennis/Golf)
• Teen Growth and Spine Issues
• Rotator Cuff Injuries
• Achilles Injuries - Tears and Ruptures

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