

Demonstration Booklet:

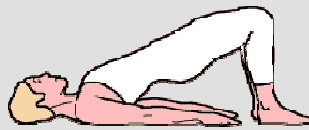
The Pilates Intermediate Conditioning Program.

Text-To-Speech Optimised PDF Document For Playback On Your PC.

Objectives.

1. To introduce you to the Text-To-Speech (TTS) Capabilities of Adobe Acrobat reader (versions 6 and later).
2. To give you a chance to try out a short Text-To-Speech Pilates workout and also Text-To-Speech session of "Pilates Postural Cueing".
3. To give you a "talking tour" of the e-book based "Pil-ar-tees Intermediate Conditioning Program."

Please start with the TTS (Text-To-Speech) instructions located immediately below.

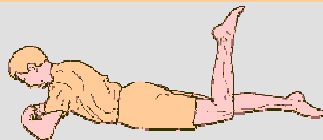


TTS Instructions for the PC User.

1. If you are reading this document within your web browser, save it to your hard drive, then open it again in Adobe Acrobat!
2. Make sure that you are reading this pdf document in Adobe Acrobat version 6 or later.
3. Go to the page that you wish to start from.
4. Click on "View", click on "Read Out Loud", click on "Read to End of document".
5. Feel free to stop and start at any page - just Click on "View", "Read Out Loud", etc.

Fine Tuning

6. To stop the Screen Saver cutting in and stopping Text to Speech, Click on "Start, then "Control Panel", then "Display", then "Screen Saver", and change "Wait" to 90 minutes.
7. You can speed up or slow down the rate of reading. Click on "Start", then "Control Panel", then "Speech", and finally, select the "Text to Speech" Tab.
8. To view in full screen mode, hold down 'Control', and the letter "L" at the same time. To return to normal mode, hit the escape button.



Instructions for Macintosh OS 10

See last page, this document.

Contents

The following exercise set begins the Pilates Conditioning Program Mat Exercises. A detailed explanation of the postural cueing that goes with these exercises is to be found on pages 5 to 8 of this book.

Section 1. Sample Exercise. "The Hundred". Page 4

Section 2. The Four Major Pil-Ar-Tees Postural Cues. Page 6

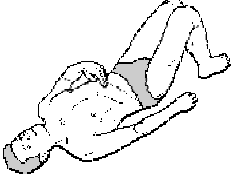


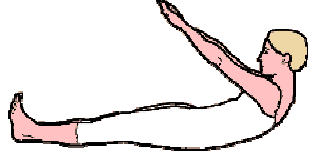

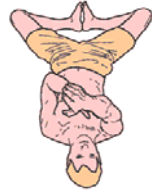

Section 3. Fundamental Exercises For Learning The Pil-Art-Tees Powerhouse And Other Exercise Principles. Page 7

Section 4. Talking Tour Of The E-Book Based "Pil-Ar-Tees Intermediate Conditioning Program". Page 10

Section 5. About The Author. Page 12

The following exercise set begins the Pil-ar-tees Conditioning Program Mat Exercises. A detailed explanation of the postural cueing is to be found on pages 5 to 8 of this book.

Section 1. Sample TTS Pilates Exercises.

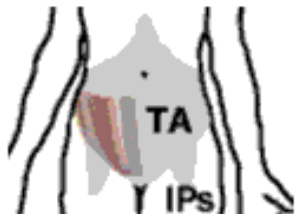
<p>"Take your shoes off and get down on the mat!"</p> <p>THE PREPARATION.</p> <p>Lie on your back with feet twice hip width apart and knees bent and touching. Relax around your hip joints, melt your spine into the mat. Grow the distance between your tail bone and your head. Relax, your shoulder blades into the mat. Relax, your jaw. Breathe in fully, melt and lengthen your spine (wiggle your shoulders to find more length): Relax, your hips! Relax, your inner thighs! relax, your shoulder blades!, relax, your eye brows! Relax, your forehead. Your spine, is melting, like chocolate, imagine sand from your hip pockets, falling like sand from an hour glass. Take several deep slow breaths, and let relaxation and lengthening flow through your body. Truly, your spine is lengthening as it conforms to the mat! Relax, Scan your body parts, and get your awareness into your body. Enjoy the feelings of the "internal landscape" of your body. Stay in your body for the rest of your workout.</p>	
<p>THE HUNDRED.</p> <p>Scoop your abdomen. Draw navel to spine, and groin to navel. Chin to chest, knees to chest and stretch arms out long 6 inches above the mat. Scoop deeper, and, if you wish, lengthen your legs out long just above the floor. Pump a long arm! "Bounce a rubber ball!" Pump 2 3 4 5 6 7 8 9 10 exhale 2 3 4 5 inhale 7 8 9 10 exhale 2 3 4 5 inhale 7 8 9 10 1 2 3 4 5 6 7 8 9 30 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 100! Lower your legs, arms and lastly your head.</p>	 
<p>THE ROLL UP.</p> <p>Lengthen your legs out straight in Pilart-ees stance. Reach your arms above your head in line with shoulders, fingers long to the ceiling. Chin to chest, look through your arms. Inhale, scoop deeply and roll up to sitting. (Maintain your C-curve)! Exhale forward. Scoop deep. Inhale and keep your spine curl as you bring your lower back to the mat; exhale, roll down through your spine, reach your arms over and back. (ribs to the mat!) Arms up, head up. Roll up. Exhale forward. Scoop deep. Maintain your C-curve. Inhale to roll back; exhale to roll down through your spine: lower back, mid back, upper back, head. Reach your arms over and back: (ribs to the mat!) Inhale, scoop deeply and roll up to a sitting C-curve. Exhale forward. Roll your shoulder blades down your back and relax your shoulders wide. Inhale and roll back. Exhale to roll down through your spine, and reach your arms over and back: (ribs to the mat!) Inhale. Arms up! head up! Roll up! Keep your c-curve. Exhale forward. Scoop deep.... Inhale to roll back; then exhale to roll down through your spine: Reach your arms over and back: (Legs long in Pilart-ees point). Last one! Inhale. Arms up! head up! Roll up! Keep your c-curve. Exhale forward. Scoop deep.... Inhale to roll back; then exhale to roll down through your spine: Reach your arms over and back: (Legs long in Pilat-ees point).</p>	
<p>The ONE LEG CIRCLE.</p> <p>Scoop! Navel to spine and groin to navel. Right leg straight up to the ceiling, the other leg on the mat, both legs in the centerline. Anchor arms, shoulder blades, pelvis and head into the mat. Draw a circle with your toe: Cross a long leg over your body, circle down, around and up: Cross over! down around and up: Scoop! down around and up: Cross over! down around and up: Buttons to the mat! down around and up. Reverse direction! Down, cross over up! Down, cross over up! Down, cross over up! Down, cross over up! Down, cross over up! Scoop deep, switch legs! Cross over! down around and up! Cross over! down around and up! Scoop! down around and up! Cross over! down around and up! Shoulder blades down! and around and up! Reverse direction Down! cross over up, Down! cross over up, Down! cross over up; Down! cross over up; Down! cross over up.</p>	
<p>SINGLE ARM CIRCLE with ADDUCTOR STRETCH.</p> <p>Lower your leg to the floor, then bring the soles of your feet together and your knees apart. Extend a long arm to the ceiling. With your other hand, monitor for tension in the pectoral muscles. Scoop your abs, breathe into the sides of your ribs and upper back, and roll your shoulder blades down your back. Lift your shoulder off the mat and circle a long arm across over your eyes, down around and up. Keep the pectorals soft. Across, down around and up. Across, down around and up. Reverse direction. Let your thighs hang wide and feel the groin stretch. Down, cross over, up. Down, cross over, up. Down, cross over, up. Now Lower your shoulder and rest the whole shoulder blade on the mat (no sharp points digging in!). Across, down around and up. Across, down around and up. Across, down around and up. Reverse direction. Down, cross over, up. Down, cross over, up. Down, cross over, up. Swap arms, and lift your other shoulder off the mat: Scoop! Shoulder blade rolled down! Keep the pectorals soft. across, down around, and up. across, down around, and up. across, down around, and up. Reverse direction, shoulder high off the mat. Down, cross over, up. Down, cross over, up. Down, cross over, up. Lower your shoulder and rest the shoulder blade on the mat (no sharp points digging in!). across, down around, and up. across, down around, and up. across, down around, and up. Reverse direction. Down, cross over, up. Down, cross over, up. Down, cross over, up.</p>	
<p>ROLLING LIKE A BALL.</p> <p>Bring your knees together and lengthen your legs long on the mat. roll up to sitting, place your hands beside your hips and boost yourself forward. Wrap your hands across your ankles, one hand holds the opposite wrist in a bracelet hold. Hug heels close to your bottom. Curl forward; bring head to knees. Lift feet lightly off the mat. Pull your abdominals in and keep chin to chest throughout. Inhale to roll back! (chin to chest)! Exhale to roll up, ribs in; eyes down. and balance. Inhale to roll back! (chin to chest)! Exhale to roll up, eyes down. and balance. Shoulders relaxed wide. Inhale to roll back! (chin to chest)! Exhale to roll up, ribs in; eyes down. Shoulder blades rolled down. Inhale to roll back! (chin to chest)! Exhale to roll up, ribs in; eyes down. and the last one: Inhale to roll back! (keep chin to chest)! Exhale to roll up! ribs in; eyes down.</p>	

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http://www.easyvigour.net.nz/pilates/h_PICMIntro.htm**

Section 2. The Four Major Pil-art-tees Postural Cues.

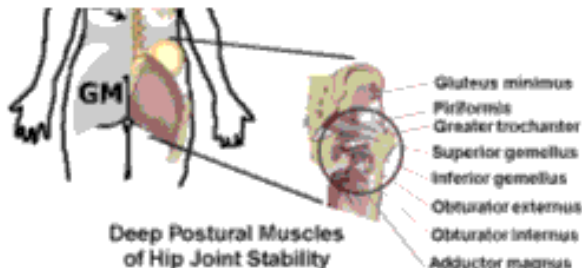
In most other exercise systems, time spent upon Postural Cueing is insufficient to obtain optimum precision in posture and movement. With Pil-art-tees exercise, postural cueing never ceases from the moment that you start pumping the hundred to the moment that you finish standing tall in "Pil-art-tees Stance". The Four Major Postural Cues are discussed here:-

(1) "Scoop" or "Navel to Spine and Groin to Navel!"



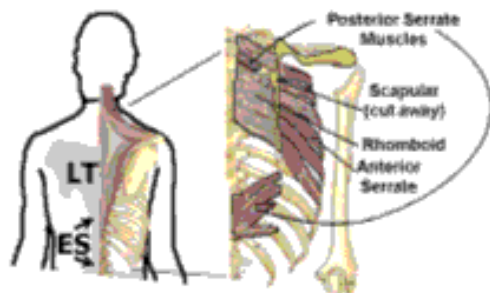
(First). **T A:** the **Transversus abdominis** is the "**Strong Center**", (the "Powerhouse", the "corset muscle")... It is the one postural muscle that must fire during all our waking hours. It has phenomenal stamina, but tends to lazy-ness. A fully functional Transversus abdominis gives support to the lowest "two" discs in the spine (the ones that rupture and cause serious low back pain). It also pushes the **Ilio-so-as (I, P, s)** muscles against the front of the hip joint (helps in hip joint stability). Activate it by, "**drawing navel to spine**". To give additional support to the Ilio-so-as, "**draw groin to navel**".

(2) "Clench your butt and wrap around the back of the inner thighs".



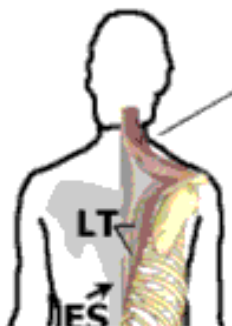
(Second). **G M:** the **Gluteus maximus** and associated **hip joint stabilizers**. Tensions the sheet of connective tissue that is to be found overlying the lumbar spine (the thoraco-lumbar fascia). As such, it helps protect against low back pain. The Gluteus maximus plus associated underlying muscles also keep the hip joint firmly in its socket. The resulting hip joint stability prevents hip joint arthritis. Activate them all by: "**clench your butt and wrap around the back of your inner thighs**".

(3) "Inhale into the side of your ribs and upper back".



(Third). **Serrate Muscles.** (Postural breathing). Serrate comes from the Latin for "sore". The serrate muscles (with help from the rhomboid muscle) pull the ribs backward and outward. This enables greater filling of the lungs and also desensitizes you to asthma attacks. The serrate muscles also aid the back muscles in straightening out any kyphosis ("rounded shoulders" or "hunch back"). The anterior serrate also assists the work of the Lower Trapez-e-us. Activate them by: "**Inhale into the sides of your ribs and upper back, and grow tall**".

(4) "Roll your shoulder blades down your back and relax your shoulders wide".



(Four). **The Lower Trapez-i-us.** With the help of the Anterior Serrate muscle, the Lower trapezius (L T) anchors and activates the shoulder blade. When the L T is fully functional, the "Rotator cuff" muscles automatically rebalance, and the shoulder joint stabilizes. To activate this muscle without activating other shoulder muscles: "**Roll your shoulder blades down your back and relax your shoulders wide**".



Section 3. Fundamental Exercises for Learning The Pil-art-tees Powerhouse and Other Exercise Principles.

Pil-art-tees is not just exercises. It is a whole system of Posture and Movement Re-education that both heals and prevents injury.

Pil-art-tees Principle (Number 1) “Concentrate” first on Relaxing!

Lie on your back with your knees bent and rest your thighs together. Relax around your hip joints, melt your spine into the mat and grow tall.

Relax your shoulder blades into the mat. Relax your jaw. Breathe in fully, melt and grow tall: Your hips, your shoulder blades, your jaw, your spine are all melting like chocolate, falling like sand in an hour glass... Take several deep slow breaths, and let relaxation and lengthening flow through your body. Truly, your spine will lengthen as it conforms to the mat!

(**Note:** Throughout the next exercises, the Powerhouse Lady will remind you as to which postural muscles you should concentrate on).

Pil-art-tees Principle (Number 2). Centering!

That is, (Engage Your Strong Center)

Diagram 1: The Powerhouse Lady shows the Strong Center” (T A) Transvers-us abdomin-is, together with the groin critical connection (I P s).

Diagram 2: The Ilio-so-as muscle. Correct activation of the powerhouse will press this muscle against the front of the hip joint, thus increasing the stability of the hip joint. It also helps the Ilio-so-as feel sufficiently secure that it will contract without inhibition. This will enhance sound movement patterns for the whole of the lower body and legs.

Diagram 3: Place “too” fingers just above and to the side of your pubic bone, and imagine stopping the flow of urine. Tense the appropriate muscles, and feel them tense under your fingers. Relax them, and feel them relax. **Finessing the move:** The pelvic floor should feel that it is raised, but avoid actually “stopping the flow of urine”, or “gripping around the anus”.

Diagram 4: Place 3 fingers one inch inside of your pelvic rim, and “scoop your navel inward & upward toward your spine”. Feel the muscles tense under your fingers. Release the Scoop, and feel the muscles relax, then tighten again.

Diagram 5: Place your fingers back to the side of the pubic bone (as in diagram 3), “draw navel to spine”, and then, “draw groin to navel”. You should feel a strong contraction in the abdominal muscle under your fingers. (“Groin to navel” is the cue that gives support to and secures the Ilio-so-as muscle).

Diagram 6: Keep centering (or “scooping” if you prefer), and run this check! - Place your fingers an inch below your lowest rib, scoop again, and check that the muscle under your fingers is more or less relaxed. Only use the upper part of the Powerhouse when you want a maximum *stabilization effect*, otherwise it will feel like you are breathing into a straight jacket!

Diagram 1: The Powerhouse

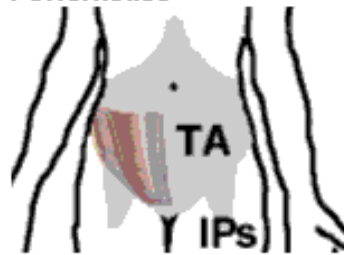


Diagram 2: The Iliopsoas Muscle



Diagram 3: “Stop the flow of urine”.



Diagram 4: “Navel to Spine”.



Diagram 5: “Groin to navel”.

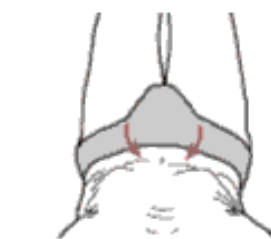


Diagram 6: “Relax the upper Powerhouse unless you absolutely need it”.



Diagram 7: Finessing the Strong Center.

The four buttons are a concept by which we can communicate the “Strong Centre”, or “Powerhouse”. **Button 1** is over the pubic bone (and approximately equals “draw groin to navel”). **Button 2** is half way between the pubic bone and the belly button. Button 2 approximately equals “Navel to Spine”. **Button 3** is at the navel. **Button 4** is just below the sternum. or brisket bone. If you are told to “scoop buttons one through four to your spine”, you know that this is a call for maximum Powerhouse engagement. For everyday posture (sitting, walking, running etc.), buttons 1 and 2 are generally sufficient.

**Diagram 7:
The
Abdominal
Buttons.**



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http://www.easyvigour.net.nz/pilates/h_PICMIntro.htm**

Pil-art-tees Principle (3). Back and Sides Breathing.

Remain on your back with knees bent. **"Inhale into the sides of your ribs and your upper back, and grow taller"**. Hold the breath, and relax your shoulders wide. Exhale fully, bringing your ribs in close to the center line. Relax your shoulders wide and grow your spine longer. (You should feel the "hunchback" curve in your upper back reduce and your whole upper body grow taller)!

You will get a chance to repeat this in a minute. This is **"back and sides breathing"**. Back and sides breathing is the opposite of **belly breathing**, It is a postural strategy that realigns and stabilizes the whole torso. Unless told otherwise, maintain it throughout your workout.

Comment for Runners: You need the stability of "back and sides breathing" combined with the minimal breathing effort that you get from relaxed "belly breathing". Experiment until you get the right mix! Since practicing Pil-art-ees, I have never had a runner's stitch, nor have I had the exercise induced asthma that used to plague me each spring. My lower back feels more secure too.

Diagram 1: You can confirm that you are breathing into the sides of your ribs by placing your fingers against the ribs just below your sternum. Feel the ribs spread sideways as you direct your breath "into the sides of your ribs". Now repeat the cueing instructions: **"Inhale into the sides of your ribs and your upper back, and grow taller"**. Hold the breath, and relax your shoulders wide. Exhale fully, bringing your ribs in close to the center line. Relax your shoulders wide and grow your spine longer. Feel the "hunchback" curve (in your upper back) reduce and your whole upper body grow taller.

"Inhale into the sides of your ribs and your upper back, and grow taller". Hold the breath, and relax your shoulders wide. Exhale fully, bringing your ribs in close to the center line. Relax your shoulders wide. Grow your spine longer. Feel the "hunchback" curve reduce and your upper body grow taller.

"Inhale into the sides of your ribs and your upper back, and grow taller". Hold the breath, and relax your shoulders wide. Exhale fully, bringing your ribs in close to the center line. Relax your shoulders wide. Grow your spine longer. Feel the "hunchback" curve reduce and your upper body grow taller.

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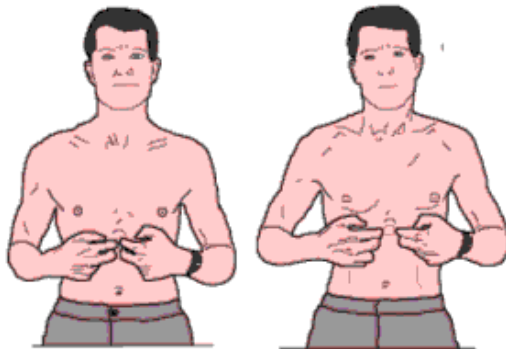
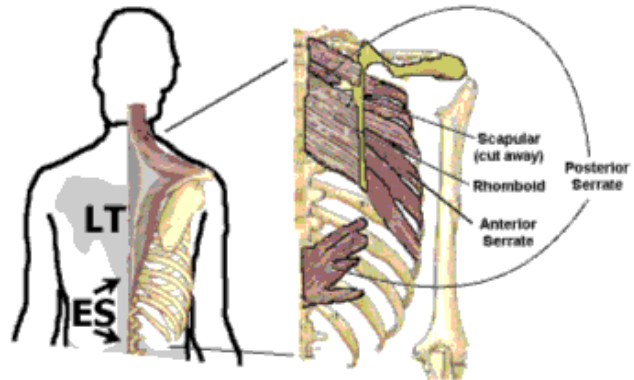


Diagram 2: The Serrate muscles, (together with the rhomboid muscles) pull the ribs backward and outward, so "breathing into the side of your ribs and upper back" is perfectly do-able!



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Section 4. Talking Tour of the e-book based “Pil-ar-tees Intermediate Conditioning Program”.

Yet Another Pil-ar-tees Book. Is It Really Different Or Better?

Is it really going to do for you what all the other books and videos have not already done? You be the judge. Let me tell you about the features. Let me take you on a tour, and at the same time, I can tell you how to get the most out of this book. Imagine you have just purchased the book together with its companion publications: “**The Text-To-Speech Intermediate Pil-ar-tees Workout**”. And “**Rebuilding the Pil-ar-tees House Of Power**”. You will want to try out the Text-To-Speech exercises and postural advice “right away”! That’s understandable, but be warned: that’s just the tip of an iceberg of information - do acquaint yourself with the whole book first! We’ll start at the beginning:

Getting Started: (page 2), is the all important starting point. “Don’t neglect it”!

Pictorial Table of Exercises and Pictorial Table of Stretches. Pil-ar-tees exercises are meant to flow in a meaningful sequence and with a minimum of interruptions. A glance at the pictures as you perform the exercises will “jog” your memory and keep you flowing.

Chapter 1: “Introduction to the Pil-ar-tees Conditioning Program” provides an introduction to the Pil-ar-tees Conditioning Mat-work). You will find here-in a list of Pil-ar-tees benefits, a review of the Pil-ar-tees Principles and the Pil-ar-tees “Qualities of the Mind”.

Chapter 2: “Building A Body Is Like Building A House”, works through the rebuilding of the posture. It builds upon the concepts taught by Joseph Pil-ar-tees and most probably developed and refined by Romana Kryzanowska (www.romanaspilates.com). It also adds my personal research culled from a range of books and experiences – see “Recommended Reading” at the end of the book “Pilates Conditioning Program”. The “Powerhouse Lady” depicts the Powerhouse concept, and then introduces you to a set or life changing postural cues. These postural cues, when rigorously applied throughout each Pil-ar-tees workout, re-deploy your lazy postural muscles, and rebuild and rejuvenate your body!

Chapter 3: “Fundamental Exercises for Learning The Pil-ar-tees Powerhouse and Exercise Principles” provides a set of fundamental exercises that re-enforce the postural cues until they together become a set of virtuous postural habits. It finishes with a list of Pil-ar-tees exercise concepts such as wheeling the spine, and “The Foot Tripod”. These are concepts from nineteenth century European physical fitness, many of which have been lost due to modern, so called “scientific” progress. **It’s hard to read and concentrate on posture at the same time**, so both of chapters 2 and 3 of the book have been reformatted and represented in the Text-To-Speech supplement, “Rebuilding the Pil-ar-tees House of Power”.

Chapter 4: “The Pil-ar-tees Conditioning Workout” really comes alive when you open and run the pdf companion document. “The Text-To-Speech Pil-ar-tees Workout”. It is broadly based on the New York Classical mat system that is taught by Romana Kryzanowska (www.romanaspilates.com/), and which has been popularized by her students Brooke Silar, Mar ay Winsor and Alycia Ung-aro. It attempts to keep the “flow” that for the experienced practitioner makes the Pil-ar-tees program so efficient and enjoyable. It also takes every opportunity to enhance your sense of precise positioning and muscle tensioning. It has been aimed at the dedicated Pil-ar-tees student of junior to intermediate level. The sense of “bodily inner landscape” or, “inscape” is developing, but the ability to properly execute and therefore fully benefit from higher level exercises is not yet quite there. Such a student will appreciate that things are not being, “dumbed down”, and that at least some input from a qualified instructor will be necessary. Nevertheless, he or she should be able to develop on their own with only limited direct supervision.

Some examples of departures from the classical New York system are discussed here:-

- **The “Single Arm Circle With Adductor Stretch”** elongates the Adductor long-us, (a hip adductor which is a major problem for hill runners, cross country skiers and horse riders), while at the same time enforces a highly necessary lesson in relaxing and mobilizing the shoulder girdle at the same time as anchoring the shoulder blade to the ribs.
- **The “Belly Breather” stretches the Strong Centre** (Transversus abdominis, or corset muscle), and at the same time reminds us not to overdo “scooping the abs” and “back and sides breathing”, otherwise we should be living and moving in a “Straight jacket”! - It is certainly possible to have too much of a good thing.
- **The exercises in the Abdominal Series** have been designed to let the leg lower closer to the mat so as to stretch the hip flexors and work them over their longer range. In this sense, they are closer to the original “Return to Life through Contro-logy” (reference. 7 at back of book) exercises than the current “dance orientated” “New York Classical Mat Pil-ar-tees” discussed above.
- **The “Mermaid Stretch”** has been modified to reduce the twisting force on the uppermost of the two knees, a force which stretches the coronary ligament and tibial collateral ligaments, that together protect and support the medial knee cartilage. Knee cartilage damage is common enough “thank you”! (Reference 3, page 626-77 “Knee Injuries”).
- **A free standing exercise has been included:** “Toe Touch Forward & Backward”. It is designed to teach alignment for running and walking and to enhance ankle stability. Balancing exercises are shown to drastically reduce ankle injuries in European Handball players, and the same could be expected for netball players, approximately 28% of whom are likely to severely twist an ankle at some stage in their carrier (16).

Chapter 5: (Stretches & Mobilis-ations to Complement Pil-ar-tees Mat)

Joseph Pil-ar-tees intended that his exercises would give opportunity for stretching. The Single Straight leg Stretch is an example of a fine opportunity to effectively stretch the hamstring muscles. But it takes some of the advanced exercises to offer up further stretch opportunities, (for example, The “Can Can”, described in reference. 6 – would make my stretch exercise number 15 redundant), while only an advanced practitioner is likely to attain to an optimal Gluteus minimus stretch while doing the Inner Thigh Lifts and Circles, which is however well covered in my stretch number 5.

Recommended Reading List is a short selection of the books and articles that I have found helpful. You will find them helpful as well! Now that you have read this, return to “Getting Started” on page 2 of the Pilates Conditioning Program.

I wish you “best of luck!”

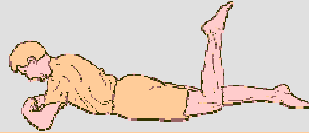
Keen to buy? Visit: http://www.easyvigour.net.nz/pilates/h_PICMIntro.htm

Section 5. About the Author.

Bruce Thomson is a 47 year old ex-veterinarian living in Invercargill New Zealand with partner of 11 years Glyn-iss. (Glyn-iss is a Classical Homeopath, Medical Photographer and Suzuki Piano teacher). Bruce provides Pil-ar-tees Instructor and Bowen Therapy services, with the primary concern of bringing people back to comfort and functionality. He has a passion for cross country skiing and trail running, (when time allows: a young family, (3 boys), keeps hobbies and sports to a minimum), and a strong interest in bible study from a Christadelphian perspective.



Section 6. Appeal to Purchase!



Did you like this presentation?

Have I wetted your appetite for Text-To-Speech Pil-ar-tees Workouts?

Please consider a purchase of the suite of pdf e-books contained in:-

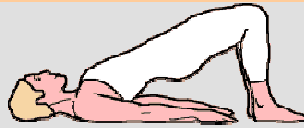
The Pil-ar-tees Intermediate Conditioning Program!

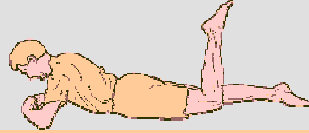
More information, please visit:-

http://www.easyvigour.net.nz/pilates/h_PICMIntro.htm

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Thank You! - *Bruce Thomson*





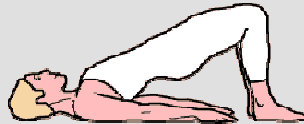
Text-To-Speech Setup - Macintosh OS 10

(This pdf text to speech document was not optimised for use on the Macintosh. You may have luck with the following, but I make no guarantees.

1. Click anywhere on your Macintosh desk top.
2. Click on the apple at the extreme top left of your computer screen.
3. Click on "System Preferences".
4. Click on "Speech".
5. Click on "Spoken User Interface".
6. Select the "Selected text when the key is pressed" check box.
7. Click on the "Set Key" button, & choose a key combination. It can be anything you like, but I suggest you use "Option+Control+S". Then click "OK"
8. Before you close the Panel labelled "Speech", click on the "Default Voice" Tab, and have a play with the settings.
9. Now select any text in any window, and hold down your key combination to hear it read aloud!

Using Macintosh Text-To Speech within a pdf document.

1. On the top menu, click "Tools" and make sure that the "Text Tool" is ticked.
2. Select all the text that you wish to hear read out loud, and then press on your text reading key combination.



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