

Focus on Pilates

Pilates is a physical fitness system developed in Germany by Joseph Pilates in the early 20th Century. The programme focuses on the core postural muscles which help keep the body balanced and which are essential for providing support for the spine. In particular Pilates exercises teach awareness of breath and alignment of the spine and aim to strengthen the deep muscles of the trunk

There is no running or violent movement involved, no heavy weights are used and movements are usually repeated only a few times. There is no straining to the point of exhaustion. This seen as counter productive. Instead the focus is on body-conditioning.

Who is Pilates appropriate for?

Pilates is ideal for a huge range of people including business and professional people, athletes, fitness instructors, performers, people who suffer from chronic pain and joint stress, senior citizens, pregnant women (pre- and post-natal), teenagers, Anyone wishing to prevent osteoporosis, those who suffer from stress and back pain, and overweight people. Pilates isn't just for women either, even the New Zealand All Blacks take Pilates!

What are the benefits?

Pilates tones muscles, improves posture, and helps prevent bone deterioration. It can help pre- and post-natal women learn proper breathing and body concentration and recover body shape and tone after pregnancy.

The exercises stimulate the circulation,

oxygenating the blood and aiding lymphatic drainage. They bring about a 'feel-good' factor by causing the release of endorphins, and the immune system is given a boost to provide greater resistance to disease and illness.

Your body becomes firmer and sleeker, with better shape. You can move and perform tasks more easily, and are less likely to have injuries. Physical and mental strength and endurance are increased making it ideal for those with stressful lives. Self-confidence increases, and pain and fatigue are reduced. It even helps you to have a good night's sleep!



Who teaches Pilates classes?

It is important to make sure that your instructor is properly certified with a recognized organization such as: Active Pilates or Body Control Pilates. The Australian Physiotherapy and Pilates Institute (APPI) is a leading force in the delivery of safe and effective Pilates teaching. Of course it is also a huge advantage to have all the skills of a physiotherapist as your Pilates instructor!