

8 BENEFITS OF PILATES

available at the perrymount clinic 01444 410944



FLEXIBILITY

Pilates is great way to improve the flexibility of your muscles and the mobility of your joints. A regular Pilates practice will help your body feel freer and your day to day movements will become easier - whether it's leaning down to put your socks on, getting out of bed in the morning or for a particular sport or hobby.

STABILITY

The stability through your muscles and joints is what is going to support your body - helping to prevent injuries and back pain, improve your posture and help with your balance. A key focus here is to be able to keep control and precision in your movement and recruiting the relevant muscles to do so. Working on your alignment will also provide you with added stability.



STRENGTH

We need balance between mobility and strength in our body to function to the best of our abilities. There are lots of ways that your strength can be increased in a Pilates class - either just using your body weight or adding weights, resistance bands or Pilates circles. By building your strength, you're providing your body with support, helping to reduce aches and pains.





BALANCE

Research has shown a strong association between core strength and balance - so the stronger that you get in a Pilates class, the more your balance can improve. Studies have shown that the elderly felt more confident in their balance after taking part in Pilates classes, with a reduced fear of falling.

MENTAL HEALTH

Studies have shown that self-efficacy and mood significantly improved whilst partaking in regular Pilates classes. Whether it's due to the control and coordination of the breath, the movements, working on your posture so that you're more open to receiving, it's completely changed the way that people loved their bodies.



CO-ORDINATION

One of the principles of Pilates is co-ordination. Lots of the exercises involve the co-ordination of different limbs, to get both sides of your brain working. If you aren't a coordinated person, it's even more of a reason to give Pilates a go!

HEART HEALTH

Studies have shown that Pilates has a blood pressure lowering effect. They have also shown that Pilates should be considered as an interesting alternative physical fitness program for individuals who are overweight or obese, since it can lead to significant improvements in cardiorespiratory fitness.



SAFE

Pilates is a great form of rehabilitation as the movements can be performed slowly and with precision. Pilates is about learning where your boundaries are and knowing the days that you can push them and the days that you need to take a step back. Each exercise can be performed at the right level for you and modifications can always be given.



IZI FRIEND

This ebook has been written by Izi Friend our fantastic Pilates teacher at The Perrymount Clinic. If you would like to try Pilates in our studio then please call us on 01444 410944 or email info@theperrymount.com. If you would like to speak to Izi to find out if Pilates is right for you then we welcome this too.