

The Benefits of Pilates

Pilates can really make a difference in your health without taking a toll on your body.

A refreshing mind-body workout

By emphasizing proper breathing, correct spinal and pelvic alignment, and concentration on smooth, flowing movement, you become acutely in tune with your body. You actually learn how to control its movement.

In Pilates the quality of movement is valued over quantity of repetitions. Proper breathing is essential, and helps you execute movements with maximum power and efficiency. Last but not least, learning to breathe properly can reduce stress.

Develop a strong core - flat abdominals and a strong back

Pilates exercises develop a strong "core," or center of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle.

Gain long, lean muscles and flexibility

More conventional or traditional workouts are weight bearing and tend to build short, bulky muscles - the type most prone to injury. Pilates elongates and strengthens, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured.

Create an evenly conditioned body, improve sports performance, and prevent injuries

In the same vein, a lot of these same conventional workouts tend to work the same muscles. This leads weak muscles tend to get weaker and strong muscles tend to get stronger. The result is muscular imbalance - a primary cause of injury and chronic back pain.

Pilates conditions the whole body, even the ankles and feet. No muscle group is over trained or under trained. Your entire musculature is evenly balanced and conditioned, helping you enjoy daily activities

and sports with greater ease, better performance and less chance of injury. That's why so many professional sports teams and elite athletes now use Pilates as a critical part of their training regimen.

Learn how to move efficiently

Pilates exercises train several muscle groups at once in smooth, continuous movements. By developing proper technique, you can actually re-train your body to move in safer, more efficient patterns of motion - invaluable for injury recovery, sports performance, good posture and optimal health.

It's gentle...

Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates is so safe, it is used in physical therapy facilities to rehabilitate injuries.

But it's also challenging...

Pilates is also an extremely flexible exercise system. Modifications to the exercises allow for a range of difficulty ranging from beginning to advanced. Get the workout that best suits you now, and increase the intensity as your body conditioning improves.