

PILATES – The Buzz around Town

By: Andrea Prieur, Certified Athletic Therapist

Pilates is a proven conditioning technique that concentrates on toning your body's muscles, particularly the abdominal and waist region. Based on the work of Joseph Pilates, it is a method of exercise that involves a series of controlled movements using nothing more than a mat and your own body. **When performed properly and persistently, PILATES WILL FLATTEN YOUR ABS.**

Pilates works the whole body in a balanced way to improve strength, flexibility, and endurance – without risking injury or building muscle bulk. It brings together the mind and body by focusing on efficient breathing, good posture and intense concentration while using several different muscle groups at one time.

These exercises concentrate on the “Powerhouse” area of the body: basically what we know as the CORE muscles. The result: a balanced and aligned body that looks fit, feels revitalized and moves with ease. Joseph Pilates premised that “well designed movements, properly performed in a balanced sequence, are worth hours of repeated sloppy calisthenics and forced contortions.”

There are many benefits to performing regular pilates exercise. It helps to restore the natural curves of your spine, relieve neck tension and back pain, improve digestion, and enhance self-confidence. More specifically, it helps to develop longer, leaner muscles with improved balance and coordination so that you prevent injury.

If you have recurring injuries, poor posture, post-pregnancy ‘AB’ flab, or general ‘AB’ flab, Pilates exercise will benefit you.

There has been much research in the last few years for the use of CORE stabilization exercises (this does not mean AB CRUNCHES!!!!) in the management of back/neck injuries and pain. Since Pilates emphasizes CORE stability exercises; fitness and health professionals worldwide are recommending and teaching this form of exercise.

To develop strong arms and legs, you must have central muscle control. For example, if you have knee or shoulder problems, it is not enough to strengthen these regions alone. Rather, a superior program would consist of strengthening these regions and your deep back, pelvis and abdominal muscles. Think of it this way...you don't build a house on an unstable foundation and expect that there will never be any problems. With Pilates exercises – emphasis is on building a solid foundation promoting quality and not quantity.

Trained STOTT PILATES™ instructors have earned an international reputation for upholding the highest level of educational integrity. Core Solutions

Physiotherapy and Wellness has two trained STOTT PILATES™ instructors that will cater to your level of Pilates experience. We offer weekly classes for groups of 6-8 people maximum, or individual sessions. Please call Andrea Prieur at 905-584-6747 for further information or visit us at coresolutionsphysiotherapy.com.