

## **The Benefits of Pilates**

**"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young." Joseph Pilates**

Pilates is beneficial for general fitness, specific health conditions and most of all for your overall well-being.

### **General fitness**

- Improves your posture
- Improves mobility and flexibility of the spine
- Delivers muscle tone and flexibility
- Promotes a more efficient and supportive core
- Increases stability for the pelvis and shoulders
- Fosters the health of joints through improved mobility and support from the surrounding musculature
- Complements training for athletes

### **Health conditions**

- Facilitates injury prevention and physical rehabilitation
- Builds better balance and coordination, particularly for the elderly
- Offers a safe and excellent form of exercise for ante and post-natal women
- Alleviates aches and pains
- Helps maintain and can improve bone density
- Develops the function and efficiency of the lungs with improvement in circulation

Offers a safe and beneficial form of exercise for a wide range of medical conditions, including Scoliosis, Osteoporosis, Arthritis, and Multiple Sclerosis.

### **Overall well-being**

- Makes you look and feel better
- Relieves stress and tension and promotes a feeling of well-being
- Expands body awareness
- Integrates mind, body and spirit
- Improves quality of life

**"Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit." Joseph Pilates**