



# infosheet Pilates

## What is Pilates?

Pilates is an innovative method that educates, re-patterns, realigns, and balances the body. It promotes maximum muscle strength while increasing flexibility. The system was developed by Joseph Pilates, a trainer, martial artist and gymnast who worked closely with ballet dancers, athletes and in rehabilitation. His legacy is a system of ingenious exercises and equipment which provide just the right amount of support or resistance throughout a vast array of movements.

The Pilates method pays particular attention to how your body works, identifying over and underused areas, areas of tension or where muscles are not providing proper support. Your therapist will guide you through movements to develop better habits of use, reduce pain, promote recovery from injury and improve performance and mental relaxation.

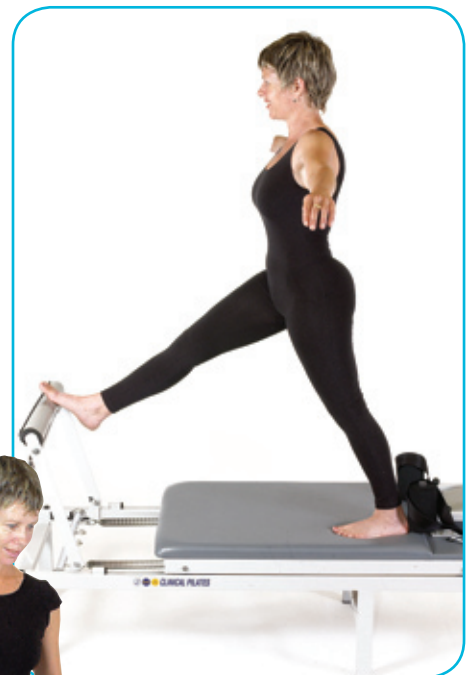
## Why choose Pilates?

Pilates is different from most other exercise because it focuses on educating your body and mind through movement. Pilates is used by:

- **sufferers from pain, tension and injury** to reduce pain, promote recovery and reduce the risk of re-injury
- **elite athletes and dancers** to condition their bodies for the demands of their discipline and to reduce the risk of injuries
- women wanting to maintain body comfort and fitness safely throughout their **pregnancy**
- **women wanting to get their bodies back after childbirth**, toning their entire bodies with particular attention to the pelvic floor, deep abdominal and back muscles
- those seeking a **low impact fitness program** that promotes good posture, reconnects with core muscles, lengthens and strengthens; and
- **older adults** seeking fitness while managing arthritis, promoting bone strength and greater mobility.

## Did you know?

Every major ballet company in the world has a Pilates studio to assist with training the dancers and that many athletes and actors use Pilates exercise for conditioning and body shaping?





## What is the difference between individual programs and mat classes?

**Individual programs** are designed specifically for you using the innovative Pilates equipment. Your individual program starts with a consultation to assess how your body works, discuss the demands of your lifestyle and your goals. If you suffer pain or injury it is recommended that prior to commencing Pilates, you first consult one of the Solutions Physiotherapists or Osteopaths who will advise on a safe and effective program. Individual programs are the best choice to improve performance in athletes and dancers.

Most people chose to continue their individual program using affordable sessions in which the therapist supervises a small number of people at one time. Each person receives intensive supervision of their individually designed program.

**Mat classes** are for people with reasonable or above average fitness seeking a low impact program which promotes good posture, reconnects with core muscles, lengthens and conditions. The exercises give a good general workout and are performed on mats using resistance provided by your own body weight or by resistance bands.

## Attendance – how frequently, where and when can I attend?

Most people get good results attending once or twice a week. Like any form of exercise, consistency is key, so that your body learns a new way of working. We will encourage you to practice at home.

Individual program sessions are available by appointment Monday through Saturday at our centre. Mat classes are held at halls in Kiama and Jamberoo at fixed times. Please ask reception for our current schedule.

### What should I wear?

Dress comfortably, but try not to wear clothing that is TOO loose fitting. It is important that we are able to observe your body as you move. Please wear socks.

### Rates

Please refer to our fee schedule or contact reception.



## Pilates services offered by the Solutions team:

- Solutions Osteopaths and Physiotherapists provide thorough assessments to determine the nature of any pain or injury, and any biomechanical factors that are affecting recovery and performance. They will work with the exercise therapists to achieve recovery safely, reduce the risk of relapses and achieve your goals.
- Sports medicine – encompassing both injury management and improving performance – is a special interest of all our practitioners.
- Solutions exercise therapists offer individual equipment based programs, mat classes and pre and post natal exercise classes which apply the best of modern rehabilitation exercise and the Pilates Method to assist with recovery, enhance well-being, athletic and dance performance.
- Solutions Mat classes incorporate the exercise principles of healthy ageing to assist in maintaining bone density, body comfort, strength and flexibility and balance exercises to reduce the risk of falls.

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