



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.

At Solutions chose from:

- individual programs supervised by Exercise physiologist using Pilates and rehabilitation equipment (this is recommended for injury, pain, post surgery, pre/post natal, elite athletes and dancers)
- mat classes – group classes for those of average fitness wanting a whole body workout with core focus and flexibility; pre/post natal.

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?

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.



Phone:
02 4232 2222
18/106 Terralong St Kiama NSW 2533
info@solutions4wellbeing.com.au
www.solutions4wellbeing.com.au

On-the-spot health fund rebates and EFTPOS available via HICAPS.