



Down to the Core

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Who would have thought the practice of one man who was just trying to find a system to improve his health would expand to be such a popular way to exercise and help so many people. Joseph Pilates, a young man from Germany, was interested in anatomy and several ancient practices including yoga and Zen. Joseph suffered from asthma and rickets. One of his beliefs was a strong mind-body connection. He founded a theory that would be centered on controlling the core muscles allowing proper movements of the extremities and better posture. The movements are also focused around the breath. He believed in using the mind to focus on controlling the core muscles while performing precise movements.

Pilates allows you to focus on your whole body. Pilates is not an exercise you can do effectively while thinking about what you are going to be doing after your workout. You have to be very much focused and in the moment. Other benefits include more awareness of posture while standing, sitting in the car, or at your desk. Pilates increases your flexibility, which in turn helps with injury prevention.

Pilates uses several methods. The mat and Reformer are the most popular. The mat exercises are performed on the floor without any equipment needed. There is also the Reformer that resembles a bed and has a variety of attachments for various exercises. Either way you get to experience all the benefits that Pilates has to offer.

Pilates is a great way to gain flexibility and strength while working on whole body wellness. As with any new exercise, consult your doctor first.