

What is Pilates? (pil-ah-teeze)

Named for Joseph Pilates (1880-1968), this method of exercise is widely known for his development of specific mat and equipment-based movement exercises. Pilates is a gentle exercise method that focuses on strengthening your deep "core" muscles. These are the smaller muscles that support your spine, pelvis, and ribcage.

Most exercise regimens don't isolate these deep muscles. Pilates exercises, especially on the equipment, isolate and strengthen the deep muscles of the body's core.

Pilates facilitates neuromuscular re-patterning. Consistent practice will allow one to change posture and move away from patterns that repeatedly cause pain.

The exercises combine breath with controlled precise movement. Once the core is stable, exercises proceed to more complex movements that improve balance, increase flexibility, stamina and range of motion. The goal is a body with balanced strength, a strong spine, and healthy support systems.

There are many different approaches to teaching Pilates. My approach focuses on the details of movement while considering the unique and specific needs of each client.

Pilates is well-suited for all fitness levels and body types including athletes, individuals with pain, seniors, pregnant women, and just about anybody else who seeks a balanced body.

Among the many benefits of Pilates, you can expect to find:

- Increased flexibility
- Increased core strength, stability and peripheral mobility
- Pain relief
- Tension and stress relief
- Strengthened core
- Movement education
- Improved coordination, alignment, and balance
- Better breathing

What is STOTT Pilates? - STOTT PILATES ® is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. This method includes all the modern principles of exercise science and spinal rehabilitation, making it one of the safest and effective methods available. This clear and detailed approach forms the basis for STOTT PILATES training and certification programs. It's used by rehab and prenatal clients, athletes, celebrities and everyone in between.

Rehab & Sports Specific: Pilates-based rehabilitation is a way to learn about your body, correct faulty movement patterns that may or may not cause pain and reduce the likelihood of future injury.

Pilates is being used by more athletes as a means to cross train. By strengthening the core muscles, Pilates helps to teach the body more efficient and balanced movement. Pilates improves flexibility to help prevent injury, and programs can be designed to complement a specific sport. Athletes who have better core strength are thought to have better dynamic control of their movements and are less likely to sustain injuries.

FAQ's

- **What is that crazy equipment called?**

The primary piece of equipment we will be working on is called a Reformer. I use a reformer with a tower in back to allow us to do Reformer and Cadillac exercises. We also use a Pilates Chair. These pieces of equipment incorporate light spring resistance that works concentric and eccentric muscle contractions to safely sculpt, tone, and stretch the muscles. Smaller Pilates equipment pieces such as resistance bands, the Pilates Circle and exercise balls also provide an element of variety and focus to a Pilates regimen. Each session can offer variety so that no two workouts are alike.

- **How often should I do Pilates?**

I encourage that you do Pilates on a regular basis, as clients who do it most frequently notice the results the fastest. Ideally, I'd recommend doing Pilates two to three times a week. At the same time, I recognize that life is busy and that a one session a week is better than none. Many clients mix private sessions with some take home exercises to perform at their convenience.

- **Why should I take private sessions?**

Pilates is unlike any other form of exercise, especially in its demands on the abdominals. Even those who are fit are often surprised at the initial effort it takes to correctly perform Pilates moves. Results are dependent on the individual's ability to efficiently recruit certain muscle groups with precise alignment. While the instructor in a group format will make every effort to provide individual attention to each class participant, private instruction affords a well trained instructor the chance to focus specifically on the student's unique strengths and weaknesses to better maximize their potential.

- **What Should I Wear?**

It is helpful for our instructors if you wear comfortable yet form-fitting exercise clothes. That way we can make sure you are performing the exercises in the proper alignment. Please don't wear loose or "short" shorts as many of the exercises are done with your legs open and elevated. You may exercise in either your bare feet or socks.

- **Will Pilates help my back pain?**

Although you should always consult your physician before starting any fitness routine, a Pilates workout is gentle and controlled with no sudden jarring actions. Pilates focuses on abdominal strength, flexibility, and posture and lends itself well to those with back pain. With your consent, I will consult with your physical therapist to evaluate your abilities and tailor a program to fit your specific needs.