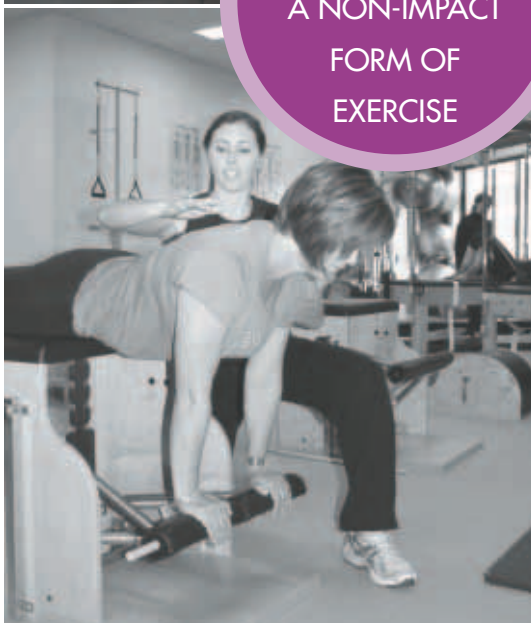


THE PILATES
METHOD IS
A NON-IMPACT
FORM OF
EXERCISE



FIGHT THE AGEING PROCESS PROCESS with pilates

Coming close on the heels of seeking world peace and checking climate change is finding a way to successfully fight the effects of ageing.

Ageing is a process which begins from the moment we have matured from childhood – around our 18 years or so. It is a condition based on circulation, and could be defined simply as a decrease or lack of circulation. It is this decreasing physiological circulation that advances all the conditions of ageing, including how our appearance, and all our systems of the body, is affected.

Signs of ageing include thickening and loss of elasticity of the epidermis (skin), thinning and loss of hair, weakening of nails, increased time for healing or recovery, digestive weakness, metabolic slowing, restriction and pain in joints and muscles, onset of conditions like arthritis, osteoporosis, blood pressure, glucose intolerance and a whole host of more serious disease processes.

It would be hard to find anything on this list that particularly appeals to any of us!

The good news is that all these symptoms and conditions can be minimised and in some cases avoided completely and, even in the case of genetically inherited problems, the severity or onset can be well and truly reduced or delayed.

This is where Pilates is a perfect antidote to ageing and a disease preventive.

Joseph Pilates' basis for development of the Pilates method was as a health and wellness program, which naturally integrates the need to be centred, strong and powerful. Joe was way ahead of his time and it is interesting to read his very valid theories and discussions on health and wellbeing in his book "Return to Life". (Available on Amazon).

Pilates will give you a strong core, sleek and toned musculature and improved posture.

What is not as commonly documented is the effects of Pilates on the internal organs, the lymphatic, endocrine and cardiac systems, and the overall health and wellbeing that can be achieved through a commitment to Pilates.

The Pilates Method is a non-impact form of exercise that works deeply into the core of the body for inner support and suppleness combined with peripheral mobilisation of the joints and tissues of the body.

Pilates International staff have undertaken specific post-graduate training in a range of women's health issues including exercise selection for hormonal balancing, reducing the symptoms of menopause, and prevention and management of ageing conditions such as osteopenia/osteoporosis and cardiac function.

Some senior staff have also undertaken training in more serious cardiac conditions and for recovery from breast cancer.

It does require a commitment to undertaking Pilates as part of your lifestyle and won't be achieved in one or two sessions alone. It is also extremely necessary to work with a qualified instructor who has had a formal, comprehensive training and is registered with the industry body.

If you would like to gain the health and physical benefits that the Pilates method can offer, please book in at Pilates International in Turrumurra, Hunters Hill or Strawberry Hills.

For more about Pilates International Studios please visit www.pilatesint.com or call 9699 5509.