

Pilates

Health, fitness & lifestyle advice

AT MK PERSONAL TRAINING ACADEMY WE DESIGN EXERCISE PROGRAMS BASED ON THE INDIVIDUAL NEEDS OF THE CLIENT TO GET MAXIMUM RESULTS IN THE SHORTEST SPACE OF TIME. IN THIS ISSUE I FOCUS ON PILATES 'THE WORKOUT OF THE STARS'



Matt Kendrick

FOR MORE DETAILS PLEASE REFER TO OUR WEBSITE: WWW.MKPERSONALTRAININGACADEMY.CO.UK OR CALL US ON 0870 442 7115

The book is available from amazon books online or from MK Personal Training Academy at David Lloyd, Highlands Rd, Monkspath, Solihull.



I hope you enjoyed the last article and have begun to implement some change to your lifestyle. In this article I would like to introduce you to Pilates "The workout of the stars".

During World War 1, German born Joseph Pilates (1880 – 1967) devised a series of exercises that could overcome injuries and postural problem. An accomplished boxer, gymnast and circus performer, he had personally triumphed over a succession of physical ailments, including asthma and rheumatic fever with devotion to exercise.

Interned in English camps he began to train other prisoners of war in this mat work exercise, developing makeshift equipment, attaching bedsprings in various positions for patients recovering from injuries. Modern versions of these pieces of equipment including the reformer are found in Pilates studios today.

The Pilates method is a complete programme of mental and physical conditioning with small therapeutic movements, designed to help people recovering from injuries through to elite level athletes.

This is what makes the Pilates method so attractive to the general public, alongside dancers and athletes. Its for all ages and level of fitness, correcting muscle imbalances, improving posture, realigning the body and strengthening the core.

These are just a few of the reasons as to why it is the most popular work out in Hollywood, devotees include Jennifer Aniston, Madonna, Sharon Stone and Cindy Crawford. This may be why many people join up to this incredible system, but for those of you with injuries or health complaints you will find this very effective for sciatica, frozen shoulder and many other neck, shoulder and back complaints.

At MK Pilates we offer both mat work and the pilates reformer, group or one to one classes and have seen first hand the benefits work for many people. People who have had chronic pain for years have been encouraged by the enormous improvement in their mobility and the reduction in pain they previously suffered. Premiership footballers and international cricketers have also found this form of exercise beneficial, both in keeping themselves fit and in their recovery from injuries sustained in professional sport.

by Matt Kendrick

I'm a Pilates person. It's great. I had a hip problem, a chronic back, a pinched nerve and it's completely solved all of them. I love it. It makes me feel like I'm taller.'



Jennifer Aniston

Photo courtesy of 'image.net'



The Benefits of Pilates

- Better posture
- Greater core strength
- Improved flexibility
- Toned buttocks and thighs
- Increased bone density - suitable for Osteoporosis
- Greater joint mobility
- Reduced back pain
- Flatter stomach and trimmer waist
- Lowered stress levels

