



# Unlock the power of Pilates!

By Allison Kares



**WHAT DO YOU THINK OF** when you hear the word “Pilates”? This often misunderstood

form of body training has something for everyone—regardless of gender, age or functional ability! Pilates is named after its creator, Joseph Pilates. Originally called Contrology, this method of movement focuses on using the core

muscles as the foundation for all movements. Concentration, precision movements and breath are taught with each exercise allowing the participant to develop awareness and control of their body.

## WHY SHOULD I PRACTICE PILATES?

### Pilates builds core strength

Your core muscles are the deep muscles in your body that help to provide integrity and support to your joints. Including your pelvic floor and deepest layer of abdominals, these muscles help prevent injury and are a key component in any rehabilitation program. A quality Pilates program takes the time to teach you how to engage these muscles before you begin any of the exercises. Your first session in Pilates will focus on where these muscles are located and how to make them function optimally.

### Pilates helps improve mobility and flexibility

Pilates exercises are always dynamic flowing movements that take the body through a range of motion in multiple directions. By training your body in all different positions and through unique move-

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ment patterns not explored by other programs, Pilates offers a unique opportunity to challenge your body’s ability to move. The more range of motion you explore in your body, the more joint mobility and muscle flexibility you gain, and all without having to turn yourself into a pretzel. You will feel looser and lighter by the end of a class.

### Pilates improves your posture

Do you know what the most effective and efficient position for your spine and extremities is? During training, your Pilates instructor will walk you through how to create an alignment that decreases stress on the joints and allows your muscles to work most effectively. We focus on teaching you the most optimal posture for your body.

### Pilates assists with rehabilitation

Many allied health professionals have seen the benefits that Pilates can offer their clients and now encourage Pilates as a part of a balanced rehabilitation program. Joseph Pilates himself used these movements and his specially-designed equipment to help rehabilitate injured soldiers. Today, we use Pilates to help people with neck and lower back pain, motor vehicle accidents, post stroke issues, and a host of other conditions.

### Pilates enhances sport

Better movement means you can play your sport more effectively and that’s why many professional sports teams now include Pilates as a part of their training regime. Increased agility, improved mobility and muscle length, and decreased injuries are all reasons that athletes recommend Pilates. **HWS**

*Interested in a Pilates program? Our free introductory workshop will help you feel why Pilates can make a difference. Call the studio to reserve your space!*

*Allison Kares is the owner of Movement Unlimited Inc. With 25 years of experience in the rehabilitation and fitness industries, Allison has created a facility that will appeal to young and old. Her expert staff have specialized their training approach to provide programs for all ages and abilities. The team has a unique approach to fitness that provides the appropriate challenge for clients of all fitness levels. Using sound training techniques, our instructors can provide you with a safe and effective program that will inspire you to a new level of fitness. Contact her at 905.892.1239 or allison@movementunlimitedinc.com.*

## Healthy bodies move

Age is just a number...







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