



What is Pilates?

The Pilates technique is a unique system of body conditioning that stretches and strengthens the muscles, as well as improving flexibility, balance, breathing, posture and alignment.



Many other exercise systems work primarily on strengthening the muscles themselves, focusing largely on working the limbs. **Pilates, on the other hand, concentrates on strengthening the central core and using the abdominal muscles to control the different movements.** It also **encourages** you to **focus your mind** as you exercise the body, gradually **improving your general body awareness, co-ordination and overall alignment.**



History of Pilates

Joseph Pilates was born in 1880 in Germany. As a child he was extremely frail, suffering from various conditions, including rickets, asthma and rheumatic fever. **Determined to lead a healthy life he engaged in a programme of vigorous exercise, exploring various disciplines and activities where he devised a fitness programme that would help him achieve his maximum possible level of fitness, strength and flexibility.**

During World War One, whilst interned in a camp, Pilates reconsidered his fitness regime and adapted the exercises, helping his fellow inmates on the way. After the war, he

continued to develop his fitness system and in 1926 decided to move to America. With the help of his wife, Pilates set up his first exercise studio and by the 1940s he had achieved great popularity with dancers, gymnasts, athletes and actors.

Today, Pilates has become very popular with the general public of all ages and levels of fitness, some of whom have never embarked upon any form of physical fitness regime before. Pilates classes are now a regular session on gym and fitness studio timetables and are also widely used by Personal Trainers, Chiropractors, Osteopaths and Physiotherapists. Pilates is here to stay.

At the core of Pilates are eight principles:

- Concentration** - mind and body working together
- Breathing** - correct breathing technique
- Centering** - building a strong core
- Relaxation** - learning to release any stress and tension

- Quality** - correct alignment and mastering the technique
- Flowing movement** - slow controlled movement
- Awareness** - learn our body's strengths and weaknesses
- Stamina** - repetition and frequency increase skill level and strengthens the body

What should I wear/bring?

Clothing appropriate for gentle exercise. You may want an extra layer to start with. Please do bring a towel which can be used rolled up for neck support. All other equipment and music will be supplied.

Hands on Instruction

As the instructor, occasionally I need to touch to adjust a body position usually on the knee, hip, foot or shoulder. It is never inappropriate, but should you feel uncomfortable with this as an individual please have a quiet word with me.

How long will it take before I see and feel the results?

The changes are subtle to begin with as initially the stabilising muscles may be weak. As you progress, your posture and muscle strength benefits are very noticeable and you start to accumulate these benefits from the first session. The first few sessions concentrate on the fundamentals with Pilates set up, neutral spine, posture and breathing technique and introduce the basic exercises, graduating to more challenging exercise as the weeks progress.

Tel: 07590 009893 Email: steve@cuviellopersonalfitness.co.uk Website: www.cuviellopersonalfitness.co.uk

