



Fitness for Life

Fitness for Life offers Pilates mat classes at your worksite and personal instruction at your home or business. Contact Gail at 603-548-5554 or email gail@fitnessforlifecoaching.com for more information.

What is Pilates? (PUH-LAH-TEEZ)

Developed from the techniques of Joseph Pilates, Pilates can transform the way your body looks, feels and performs. Pilates develops a strong “core,” or center of the body which consists of the deep abdominal muscles along with the muscles closest to the spine. It builds strength without excess bulk, increases flexibility and agility, and can even help alleviate back pain. It’s a refreshing mind-body workout, challenging yet safe.

A miracle? Not really. Pilates is a safe, sensible exercise system that will help you look and feel your very best. No matter what your age or condition, it can work for you.

- Builds strength without “bulking up”
- Increases flexibility and agility
- Develops optimal core control
- Creates flat abdominals, slender thighs and a strong back
- A refreshing mind-body workout
- Challenging yet safe

Develops a strong core

Building on the principles of Joseph Pilates, Pilates develops a strong “core,” or center of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Pilates exercises develop core control, integrating the trunk, pelvis and shoulder girdle.

Builds long muscles and flexible joints

Conventional workouts tend to build short, bulky muscles - the type most prone to injury. Pilates elongates and strengthens, developing muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured.

Creates an evenly conditioned body

In conventional workouts, weak muscles tend to get weaker and strong muscles tend to get stronger. The result is muscular imbalance - a primary cause of injury and chronic back pain. Pilates conditions the whole body - even the ankles and feet. No muscle group is over trained or undertrained. Your entire musculature is evenly balanced and conditioned, helping you enjoy daily activities and sports with greater ease and less chance of injury.

Trains efficient patterns of motion

Pilates exercises train several muscle groups at once in smooth, continuous movements. By developing proper technique, you can actually re-train your body to move in safer, more efficient patterns of motion - invaluable for injury recovery, sports performance, good posture and optimal health.

Improves the mind-body connection

Pilates gets your mind in tune with your body. By emphasizing proper breathing, correct

spinal and pelvic alignment, and complete concentration on smooth, flowing movement, you become acutely aware of how your body feels, where it is in space, and how to control its movement. The quality of movement is valued over quantity of repetitions. Proper breathing is essential. Correct breathing helps you execute movements with maximum power and efficiency. Last but not least, learning to breathe properly can reduce stress.

One of the safest workouts you can use

No other exercise system is so gentle to your body while giving it a challenging workout. Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates is so safe, it is used in physical therapy facilities to rehabilitate injuries.

Give it a try!

For more information or to schedule group mat fitness classes at your worksite or, personal Pilates instruction contact Gail Migliozi at Fitness for Life at 603.548.5554 or email her at gail@fitnessforlifecoaching.com.

For other worksite wellness offerings from Fitness for Life see www.fitnessforlifecoaching.com.