

Jenny MacLean's Fitness Column #10



Extolling the Benefits of Pilates!

As a fitness instructor, I receive lots of enquiries about Pilates, from people who have never tried it and are intrigued to find out more.

They want to know how it works, what the benefits are and whether it would be suitable for them.

So, if you've also been contemplating the possibility, but needed to ask a few questions first, here are some of the main facts.

To sum up, Pilates is about posture and alignment. The aim of the exercise is to put your bones in the right place, so your muscles can do the job they're designed for – rather than the job they've learned to do, through imperfect posture.

This can develop stronger back and abdominal muscles, reducing the risk of muscular aches and pains in your back, neck & shoulders. It can also train you to breathe more efficiently and improve your concentration.

Many people who try Pilates notice that they 'lose' half a stone instantly, simply by standing taller with their abdominal 'corset' pulling them in round the middle. Re-aligning rounded shoulders helps you look and feel better too.

Another benefit of Pilates is that it can provide you with a stronger, more stable centre, improving your balance, flexibility and mobility.

Pilates is suitable for most people, so why not give it a go? You could be very glad you did.

This is the tenth of Jenny's fitness columns for The Edinburgh Reporter. We hope it helps you to achieve your fitness goals!

You can contact EnergyWise [by email](#) or you will find them here:-

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