



Core **SOULutions** Fitness & Health  
Building Skills For Health Preservation

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# Top 10 Reasons For PILATES?

*"I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."*  
-- Joseph Hubertus Pilates, in 1965, age 86.

The cornerstone of all movements is the abdominal or core muscles. An athlete can train to increase strength, power, speed, agility, and quickness but if the core muscles are weak the athlete will not reap the full benefits of this hard work.

The core muscles serve as a force couple to transfer the power developed in the hips and legs into the arms and vice versa. A strong core will also help to protect the back from potential injuries associated with sport participation.

Not only is overall core strength important, just as valuable is core muscle coordination. Exercises that place the body in an unbalanced position help to develop the needed strength and coordination needed for the core muscles to function properly. Core SOULutions Fitness & Health expert Pilates Teachers are some of the best in the industry, some teach the Principals of Pilates, nationally to fitness professionals, physical therapy and medical clinics.



Together, we have developed the [Top 10 Reasons To Do Pilates](#). Please visit our website [www.CoreSOULutionsFitness.org](http://www.CoreSOULutionsFitness.org) for 2 great Pilates education articles written by CSFH Principal, Evie Oberdorfer. They are titled, [Pilates Fact Sheet](#) and [Pilates Reformer Fact Sheet](#).

## CONTACT US FOR PRIVATE STUDIO PILATES REFORMER LESSONS

### TOP 10 REASONS TO DO PILATES

1. Strength training with Pilates prevents muscle loss. Adults who do not strength train lose between five to seven pounds of muscle every decade. Our Pilates classes train each muscle group for a balanced body and exquisite alignment.
2. Strength training with Pilates will relieve lower-upper back, shoulder, and neck pain with regular practice. The National Institutes Of Health reports that 80% of our nation will experience back pain. Pilates is a proven method of self-help for improving pain, preventing injury and rehabilitating injuries. Keep in mind, that many teachers claim to be Pilates certified and are not. Such coaching methods can exacerbate weak areas of the core and cause muscle imbalance. Our team of experts are certified by some of the best Pilates organizations in the country. Rest assured, you will learn Joseph Pilates' true "method" of the Pilates practice.
3. Strength training with Pilates increases your metabolism. The average adult experiences a two to five percent reduction in metabolic rate every decade of their life. Keep in mind, that Pilates does not replace the need to participate in regular cardiovascular exercise and additional large muscle strength training.
4. Strength training with Pilates helps increase muscle mass of internal core muscles. Our teachers train you how to properly align and stabilize key areas for core control. This practice teaches you how organize posture for any activity, permitting large and small muscle groups to isolate and train efficiently. Form first. Muscles are a metabolism. Generally, one pound of muscle can burn approximately 30 calories per hour, while a pound of fat burns approximately 3 calories per hour. Strength training 2-3 times per week should reveal results in 8-12 weeks.

5. Strength training with Pilates will increase your bone mineral density. Studies show that 4 months of strength training can result in significant increases in bone mineral density, which is important because as we age we lose bone density.
6. Strength training with Pilates can help reduce your body fat. Building muscle mass will increase your calorie burn, thereby reducing the likelihood of fat accumulation. Research reports that subjects lost 4 pounds of fat after 3 months of regular strength training (2-3 times per week), Cardiovascular activity is also important to strengthen your heart and burn calories.
7. Strength training with Pilates will not cause you to bulk up. In-fact, muscle resistance must remain lighter in order for your core muscles to operate. Heavy weight can disable core muscle recruitment allowing large muscles to take over. Pilates is the framework for any efficient sports and daily living activity. Better, stronger, balanced and flexible.
8. Strength training with Pilates can improve your glucose metabolism. Type 2 diabetes is associated with poor glucose metabolism. Glucose uptake improves with regular cardiovascular exercise and muscle development.
9. Strength training with Pilates will train muscles in balance and will prevent over-training some muscles while neglecting others. This is a common physical condition that increases the risk of injury and, or pain.
10. Strength training with Pilates is gentle enough to reduce arthritis pain. Increasing range of motion, bone density and muscle conditioning are key for improving the lives of arthritic sufferers.

Please feel free to forward any questions to [info@CoreSOULutionsFitness.org](mailto:info@CoreSOULutionsFitness.org).

In Good Health.

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