



WHY PILATES?

“To neglect one’s body for another advantage in life is the greatest of follies.”

Joseph Pilates,

Strategic Programs For
Today’s Health Conditions

www.coresolutionsfitness.org

612.202.8972

Maple Grove, MN

What’s missing from conventional workouts?

Aerobic classes provide a cardiovascular workout, but don't train balanced strength and flexibility. Impact injuries are a common problem. Stair-steppers, treadmills, rowers and ski machines offer aerobic benefits and some strength training, but don't train flexibility or range of motion. They also tend to over train some muscles while under training others, creating muscle imbalances and joint strains that can lead to injury. Weight training with free weights train strength, but not flexibility and coordination. Imbalanced weight training can also build bulky muscles.

Improves the mind/body connection

"It is the mind which builds the body." said Joseph Pilates. The **Polestar Pilates Method** gets you "in tune" with your body by concentrating on proper alignment and smooth movement.

Conditions the whole body

Many other exercise program take a "body parts" approach to conditioning, with isolated exercises for each muscle group. The **Polestar Pilates Method** trains the whole body - coordinating the upper and lower musculature with the body's centre. For example, most exercises on the Reformer work a number of muscle groups at once in smooth, continuous movement, elongating at the same time as they strengthen and stretch. The result: muscles that are long and strong.

Creates a balanced body

With the **Polestar Pilates Method**, no muscle group is over trained or under trained. Your entire musculature is evenly conditioned, helping you meet lifestyle goals and play sports more efficiently with less chance of injury. The program dramatically improves strength, flexibility, balance, coordination and posture. It creates a body that looks long and lean, with slender thighs, flat abdominal muscles and a strong back.

Suitable for everyone

The workout is surprisingly relaxing and revitalizing. It's gentle enough for mothers-to-be, yet challenging enough for the super-fit. It's a program that works for everyone, regardless of age or condition.

So safe, physical therapists use it

The program is one of the safest workouts you can use. The Reformer aligns and supports the back and neck; most of the exercises are non-impact and partial-weight-bearing. No other system is so gentle to your body while giving it a challenging workout. The program is appropriate for a wide range of rehabilitation goals. Says Brent Anderson, "The **Polestar Pilates Method** is instrumental in the treatment of a variety of patients, from the chronically impaired to the elite athlete.

. Polestar Pilates

