



# WHY PILATES?

Strategic Programs For  
Today's Health Conditions

[www.coresolutionsfitness.org](http://www.coresolutionsfitness.org)  
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As Joseph Pilate predicted, modern day man is living in a state of physical deterioration. "With this state of physical de-conditioning, it is necessary to engage preparatory exercises for the actual exercises. Strength and flexibility need to be developed in muscles that have not been utilized regularly."

Pilates has been called the ultimate mind-body exercise, a pure approach to movement based on the work of Joseph Pilates. The significant gain in popularity can be attributed to it being the trend of exercise that Hollywood celebrities swear by. Also, the fact that the principals of Pilates coincide with the latest scientific research of core stabilization. The world of physical rehabilitation has crossed over into the world of fitness. In addition, the potential self healing and preventative maintenance is within arms reach.

**"To neglect one's body for another advantage in life is the greatest of follies."**

*Joseph Pilates, 1880 - 1967*

## PRINCIPALS OF PILATES

The Pilates principals are defined with the A,B,C' S.

**Alignment** - achieving and maintaining proper alignment before, during and after each exercise.

**Breath** - is the most vital aspect necessary for life. It enhances and promotes efficient movement through proper muscle usage.

**Concentration, Core Strength, Control** - core muscles are central to Pilates exercises. Core Strength is necessary to allow effortless, pain free movement as well as provide protection to the interior of the torso. Concentration ensures that each movement is done mindfully. Control over every movement reduces risk of injury.

**Stabilization** - Stabilizing the joints of the body protect and strengthen. Stabilization of the cervical spine, shoulder girdle, rib cage and pelvis is required to perform each exercise effectively. Stabilization improves limb alignment and promotes efficient, safe movement.

BUILDING A CULTURE OF HEALTH  
FOR OVER 20 YEARS.

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## HOW OFTEN SHOULD I DO PILATES?

"Pilates is easy...unless you do it right!" The benefits of Pilates are optimal when performed slowly with conscious control, focusing on deep breathing and precise, quality movements. Start by adding some exercises 2-3 times per week from your Pilates class. Then add more exercises to your routine, progressing to 3-4 times per week. Working with a qualified instructor individually or as a group is always the recommended approach to Pilates training.

Contact Core SOULutions Fitness. for Private Pilates Reformer lessons, or Personal Training.