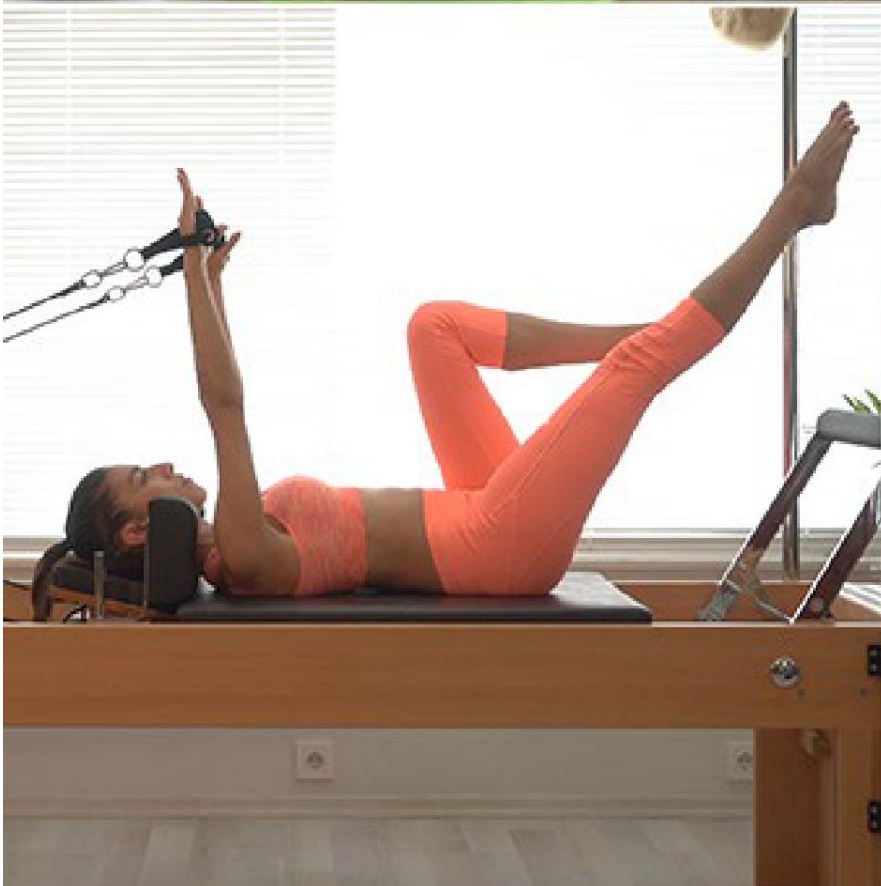




Pilates



Overview

This form of exercise builds strength and endurance. It focuses on proper alignment of your spine, shoulders and hips. It also develops your balance and flexibility. You can do Pilates with only a floor mat. You can also use equipment to create resistance.

Strength and movement

With Pilates, you'll use smooth, continuous movements to train your muscles. You'll learn to move and breathe properly. You'll strengthen your abdomen and spine. You'll develop long, lean, powerful muscles, and you may improve your posture.

Is it safe?

Pilates doesn't put too much stress on your body. The exercises tend to be low impact. You can do many of them while sitting or lying down. But Pilates is adaptable, and your workout can grow with you. Over time, you may want to do more advanced, intense exercises.

Conclusion

Pilates is good for beginners and for highly trained athletes. But before you begin any exercise plan, check with your doctor to make sure it's safe for you.