

What
Is.....?

Pilates

Pilates is a mind body conditioning exercise program that targets the deep postural muscles of the abdomen and spine to improve overall core stability and posture.

Who can benefit from Pilates?

Pilates can be beneficial for:

- Improving your general fitness and body awareness
- Remedial and rehabilitation work
- Injury prevention
- Improvement of technique for athletes and dancers
- The Elderly
- Pregnancy: Pre and post natal
- For children from 12 years-old

How can Pilates benefit you?

Pilates helps you to:

- Increase and create a balance between strength and flexibility
- Create an awareness of and strengthen dynamic stability
- Improve coordination
- Release stress
- Improve posture

Pilates is a holistic approach that sets this method apart from many other forms of exercise. Indeed, GPs, physiotherapists and health professionals recommend Pilates as one of the safest forms of exercise today

The medical world is now realizing the benefits of the Pilates method for the prevention and rehabilitation of back injuries with this unique method of exercise.



**Crystal Palace Physiotherapy
& Sports Injury Centre**

Get help now by calling us on
020 8778 9050