

## Frequently asked questions

### **What age group is Pilates for?**

Pilates can be beneficial for virtually all ages, fitness levels and body conditions. The method is like a bridge between physical fitness and physical therapy, and can be adapted, modified and customised for individual needs.

### **How often should I do Pilates?**

Come to class once a week and practice 2-3 times a week. You should start seeing and feeling results in about 10 to 15 sessions.

### **Will I lose weight through Pilates exercises?**

In essence, Pilates exercise is not a cardiovascular workout and burning calories is not its main focus. However, in conjunction with a sensible diet and some cardio work such as brisk walking, cycling, aerobics or swimming, Pilates can help with a weight loss program.

### **What should I look for in a Pilates instructor?**

Ideally your Pilates instructor should be certified through a comprehensive Pilates Training Program, one comprised of lectures, observation, practice, hands-on apprenticing plus a written and practical examination.

### **What if I Am Overweight?**

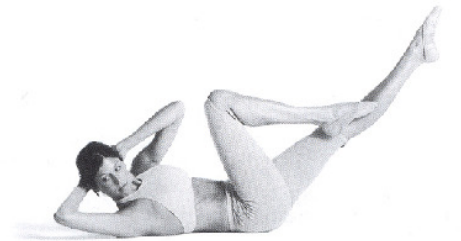
Pilates is a wonderful program for those who are starting or already engaged in a weight loss program. You will learn to activate and move your body safely utilizing your muscles rather than your joints and will be better able to engage in other physical fitness activities.

## **ZEST FOR LIVING**

Carol Bartram (Dip.PT,IIHHT)  
Pilates Instructor  
Personal Trainer  
Massage Therapist

I am happy to answer any questions you might have about Pilates so please call me on either of the numbers below or Email me.

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### **How much will it cost?**

Pilates courses are run in blocks of 6. 1 class a week for 6 weeks.  
The cost is £30-00 for the complete course payable in advance.

*"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young."*

*Joseph Pilates*



## **PILATES**

### **Imagine...**

**A Proven exercise system  
That works deep muscles  
You never knew you had...**

**Would you like to...  
Flatten your stomach  
Strengthen your back  
Improve your posture  
Become firmer and more supple  
than you ever thought you could**

**Carol Bartram (Dip.PT)**

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**Call now for details of courses**

## The Pilates Method Exercise for Life

The Pilates method of body conditioning is designed to stretch, strengthen and tone the entire body and is excellent for people of all ages and levels of physical ability.

Low impact mat exercises are utilized to strengthen the body's core muscles (abdominals, lower back, upper inner and outer thigh and buttocks) and improve overall physical conditioning and mind/body awareness.

Results of consistent practice of the Pilates method include:

- A toned and more supple body
- Flatter Tummy
- Stress Release
- Improved posture
- Increased Strength
- Increased energy
- Decreased tension in problem areas
- An overall feeling of well being
- Builds Core Strength

Pilates is recognized by many prominent physicians, chiropractors and physical therapists as an excellent program for the prevention of injuries. It can also be integrated into rehabilitative programs to speed recovery from soft tissue injuries.

All sessions and classes are taught by a certified Pilates instructor and are designed to condition the whole body and provide a safe, energizing and relaxing workout.



- All Pilates equipment is provided
- Dress in clothing suitable for exercising
- Avoid eating a heavy meal prior to class

*"Pilates is not a fatiguing system of dull, boring, abhorred exercises repeated daily. Neither does it demand your joining a gymnasium nor the purchasing of expensive apparatus. You may derive all the benefits of Pilates in your own home."*

Joseph Pilates

## Group Mat Classes

Includes a safe and thorough progression of Pilates mat exercises in a group setting.

### Beginner Mat-work classes:

Introduces the fundamentals of the Pilates method and incorporates beginner and select intermediate exercises.

### Intermediate Mat-work classes:

Includes progressions of exercises.

### Pilates and General Conditioning

Think of Pilates as rebalancing your wheels and resetting your tracking!

### Pilates and Work

Doing Pilates will counterbalance all you do during the day. There will be less chance of injury or re-injury at work. Pilates will balance your posture.

### Pilates and Seniors

Seniors really benefit by doing Pilates when they take the time to create more strength, flexibility and balance in their everyday life.

Pilates combines the best of eastern and western traditions. From the East we see exercise as a path to calmness, centering and wholeness, with an emphasis on breathing, stretching and flexibility. From the Western tradition we obtain a focus on motion, muscle tone and strength.



*"In 10 sessions you will feel the difference, in 20 you will see the difference, in 30 you'll have a whole new body"*

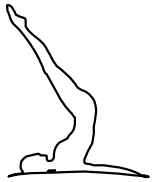
Joseph Pilates

## What is Pilates?

Pilates Method (Pi-lah-tees) was originated by Joseph H. Pilates more than 75 years ago. Over his lifetime Pilates created over 500 exercises to bring the mind and the body together in flowing movements.

Pilates is a system of controlled exercises that engage the mind and condition the whole body. It is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates works several muscle groups simultaneously through smooth, continuous motion, with a particular concentration on strengthening and stabilizing the core (the abdomen, back and pelvic girdle region, sometimes referred to as the "powerhouse").

The focus is on quality of movement rather than quantity, which makes one feel invigorated rather than exhausted after a session. Pilates takes a balanced approach so that no muscle group is overworked and the body works as an efficient, holistic system in sport and daily activity.



## Who can study Pilates?

Whether you're a young person, a senior citizen or somewhere in the middle; regardless of your current level of fitness, Pilates can be your principal mode of body conditioning and injury prevention. If you are recovering from an injury or have other health problems, it's wise to consult your physician before you start.

*"The acquirement and enjoyment of physical well being, mental calm and spiritual peace are priceless to their possessors and in my opinion, it is only through Pilates that this unique trinity of a balanced body, mind, and spirit can ever be attained."*

Joseph Pilates