

## 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 apply what you learn to your everyday life. 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 At Work.

Call me now for a **free** visit and demonstration at your workplace.

I am fully qualified and insured.

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

Pilates At Work courses are run in blocks of 6, 1 class a week for 6 weeks although this can be changed to suit individual company requirements.

Courses cost from £60-00 per session catering for a maximum of fifteen people per class.

Duration of classes can be tailored to your company requirements.

*"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 AT WORK**

**Wouldn't you like to give your staff. . . .**

**An effective method of reducing stress  
A highly rated employee benefit  
Mental and physical relaxation  
Better, stronger posture?**

**Then. . . Offer them Pilates At Work!**

**Call me now for a free visit and demonstration at your workplace.**

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## Pilates At Work

It is known that the mental and physical health of personnel - their "wellness" - has a direct impact on the success of a company.

Regular exercise has been proven to reduce the risk of such conditions as coronary heart disease, cancer, osteoporosis and high blood pressure as well as being a great stress reliever.

Practicing Pilates regularly realigns the deep muscles of the body, flattening the stomach, strengthening the back and dramatically improving posture.

Companies who invest in healthy lifestyle programs for their staff are finding an excellent return on their investment as "well" staff have better productivity, higher morale, fewer sick days and rate such company benefits highly.

## Pilates can help reduce stress

Unlike some other exercise routines, Pilates is low impact, improves strength and flexibility, builds concentration, and reduces mental and physical stress.

With its stress reduction benefits and low cost of implementation, a Pilates At Work Program can have an overall positive effect on the entire office environment.

While most stress management seminars just talk about how to deal with stress, our Pilates programs get results. Your employees will learn proven techniques that give immediate and lasting results, both mentally and physically.

*"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

## Anytime - Anyplace- Anywhere

Pilates requires no special equipment and can be practiced almost anywhere, space permitting. A meeting or board room where furniture can be moved easily will be perfect.

Pilates exercises are done in a very gentle and controlled fashion working the body's inner core muscles. Because of this the potential for injury is dramatically reduced making Pilates one of the safest exercise programs you can run in your workplace. All equipment required is provided.

Another benefit of Pilates At Work is that your staff will not become hot and sweaty or have to wear any special exercise clothing or footwear (although ladies are advised to wear trousers for comfort). Not having to change means no time wasted getting started, so your staff can come to class and still have time for lunch!

## Types of program?

Pilates At Work can cater for up to 15 people at a time. All you need to find is a suitable space!

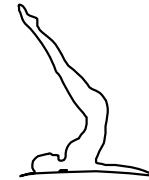
Timings are flexible to fit in with your business whether early morning, lunchtime or during work hours.

Pilates At Work courses are run in 6 week blocks on the basis of 1 class per week, which can be tailor-made to suit the needs of your staff.

I am qualified in Pilates, Personal Training, Nutrition and Sports Massage and am a member of the Register of Exercise Professionals (Level 3), therefore I am well placed to assist you with all your staff wellness needs.

*"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.

## 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 stomach
- Stress release
- Improved posture
- Increased strength
- Increased energy
- Decreased tension in problem areas
- An overall feeling of well being
- Better core strength



*"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