

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.

Won't I build big bulky muscles?

Women generally have much lower levels of testosterone than men. Unless you have unusually large amounts of testosterone in your blood stream, your fears of getting really big are unfounded. Regular strength training will produce some gains in muscle size and strength. This is desirable, because as you increase your lean mass, you are simultaneously losing body fat. The end result is a firmer, toned body.

When will I start to see results?

The speediest fitness results come from combining weight training and aerobics with a healthy diet. Results can generally be seen after 10 workouts if you commit to challenging exercise at least 3 times per week. The results can be increased if you follow a nutritionally balanced eating plan and get adequate rest. Results will always vary from person to person because of genetic factors such as metabolic rate and body type.

"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

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.

Telephone: 01964 603360
Mobile: 07990 504595
Web Site: www.zestforliving.co.uk
Email: carol@zestforliving.co.uk



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.

Personal training is £30-00 per 1 hour session, 5 sessions £125-00.

Massage £25-00 per 1 hour session, £15-00 per half hour session.

"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



Personal Training Pilates Massage Therapy

Imagine...

Living life with better health, greater happiness and increased success.

Free of the excess weight.

Free to be the person you have always desired

Change your body...Change your life

Carol Bartram (Dip.PT,IIHHT)

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Call now for details

Personal Training

You want to feel good about yourself, and you realise that the benefits of losing weight and becoming fitter do not just apply to how you look.

When you look good you feel fantastic. Can you remember a time you felt happy with your body? Can you remember how it made you feel? That's right. You felt good...confident...happy. Glad to be alive, full of energy and ready to conquer the world. Wouldn't you like to feel that way again?

I know how to help you, so if you want to start feeling better about yourself, contact me now and we can discuss how we are going to achieve the results you deserve. After all the quicker we start, the quicker you can begin to enjoy the benefits of being fitter, healthier and... most importantly...feeling GOOD.

As a Personal Trainer I can help you easily achieve the following.

- Improve your overall fitness
- Reach or maintain a healthy weight
- Focus on your unique health concerns
- Find the right way to Work Out
- Make the most of time available
- Learn new skills
- Take charge of your fitness programme
- Know how to exercise correctly both at home and at the gym

I understand what it is like to be overweight, unfit, busy with work and family. I have been there. I changed my lifestyle and my body shape - You can too! What you do need is commitment. Rome was not built in a day and it takes time and effort to exchange your current habits for better, healthier ones.

Whether you train with me or another Personal Trainer I urge you to take the first step towards a better, more healthier lifestyle.

The rewards are many, but the most important result will be that you will feel good about yourself.

The Pilates Method Of Exercise

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

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



Massage Therapy

Massage is one of the oldest, simplest forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body. Massage does much more than create a pleasant sensation on the skin, it also works on the soft tissues (the muscles, tendons, and ligaments) to improve muscle tone. Although it largely affects those muscles just under the skin, its benefits may also reach the deeper layers of muscle and possibly even the organs themselves. Massage also stimulates blood circulation and assists the lymphatic system (which runs parallel to the circulatory system), improving the elimination of waste throughout the body.

Some of the benefits of massage:

- Aids recovery
- Helps to repair injuries
- Improves performance
- Improves flexibility
- Improves wellbeing
- Helps in early diagnosis of injuries
- Can help with back pain
- Eases tension and promotes restful sleep

The Effects Of Massage:

Although a single massage will be enjoyable, the effects of massage are cumulative and a course of massage treatments will bring the most benefits. Regular massage can have the effect of strengthening and toning the entire body mechanism, and so help to prevent unnecessary strains and injuries that might otherwise occur due to excess tension and any resulting structural weaknesses. Massage can stimulate or calm the nervous system depending upon what is required by the individual and thus help reduce fatigue, leaving the receiver with a feeling of replenished energy. At its best, massage has the potential to restore the individual physically, mentally and spiritually.