

An Introduction to Pilates

Pilates is a holistic exercise regimen that was designed to elongate, strengthen and restore the entire body to balance. While yoga focuses on uniting the mind, body and spirit through exercise, breath and meditation, Pilates is more physical, improving deep core strength, muscle control, flexibility, coordination and body tone.

What is Pilates?

Pilates is a method of exercise and physical movement that, when coupled with focused breathing patterns, helps to stretch, strengthen and balance the body.

Pilates involves a series of precise, controlled movements that are meant to engage both the body and mind. These movements are performed on a spring-assisted machine or a mat (sometimes with the use of small equipment).

The exercises address underlying structural imbalances in the body that can create chronic pain and prevent movement. Elongated and strengthened muscles can improve posture and overall fitness and can retrain dysfunctional movement patterns.

Benefits of Pilates

Pilates can be beneficial for people of all ages, abilities and fitness levels. It is especially beneficial for those undergoing rehabilitation after an injury, surgery or illness.

If practiced regularly, Pilates can increase or improve:

- Lung capacity
- Circulation
- Strength
- Flexibility
- Posture
- Balance
- Core strength
- Muscle tone
- Energy
- Bone density
- Joint health

- Concentration
- Body awareness

Resources

- Pilates Method Alliance: www.pilatesmethodalliance.org
- United States Pilates Association: <http://unitedstatespilatesassociation.com>
- Pilates Foundation: www.pilatesfoundation.com

Here when you need us.

Call: 844-207-5465

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: LivingME

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