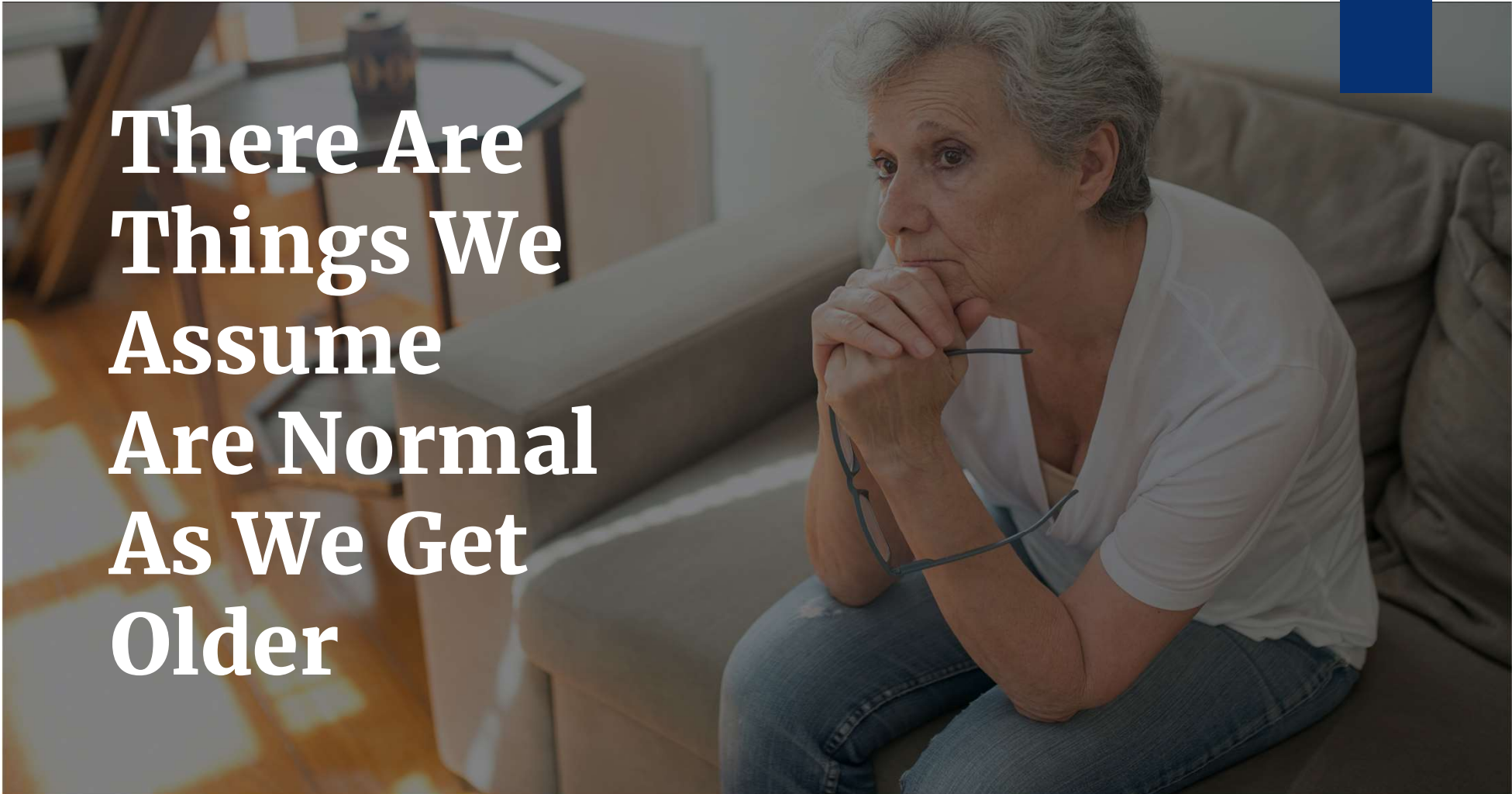





Pilates: How Can It Help?

BY: CRISTIANE B. CRUZ, MPK



**There Are
Things We
Assume
Are Normal
As We Get
Older**

Cristiane Cruz, MPK



Loss of Strength & Balance Should Not Be!

Cristiane Cruz, MPK

Pilates

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition.

Cristiane Cruz, MPK



What Is It?



Benefits



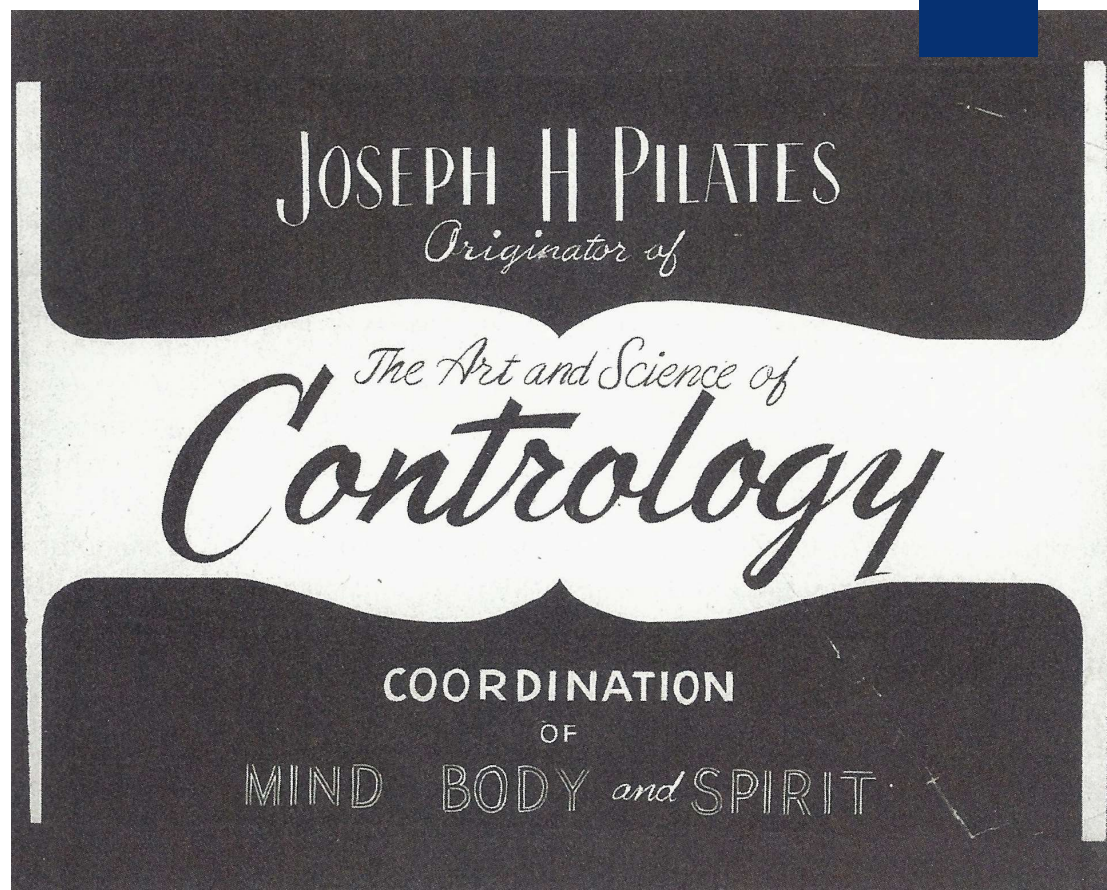
How Can It Help



Exercises

What Is Pilates?

- ▶ Created By Joseph Pilates
- ▶ Designed To Correct Muscular Imbalances And Alignment
- ▶ Helps To Create Optimal Movement Patterns
- ▶ Often Targets Deeper, Stabilizing Muscles
- ▶ Combines Aspects Of Other Techniques: Yoga, Martial Arts, Gymnastics...

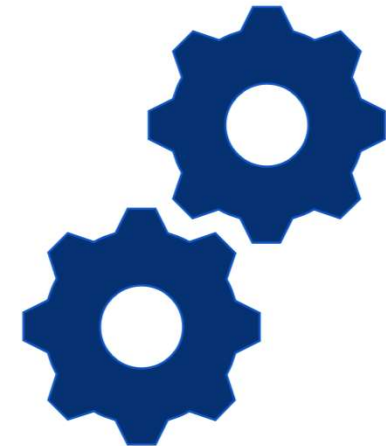


**“ In 10 Sessions You'll Feel The
Difference, In 20 Sessions
You'll See The Difference, And
In 30 Sessions You'll Have A
Whole New Body ”**

Joseph Pilates

Benefits

- ▶ Builds A Strong Core
- ▶ Balances Strength Training With Mobility And Balance
- ▶ Often Involves Low Impact Bodyweight Exercises
- ▶ Involves Training Various Aspects:
 - ▶ Alignment
 - ▶ Breathing
 - ▶ Coordination
 - ▶ Stamina



How Can It Help?

- ▶ Low Back Pain
- ▶ Decrease Falls Risk
- ▶ Strengthens Bones
- ▶ Chronic Pain
- ▶ Arthritis
- ▶ Breathing Difficulties

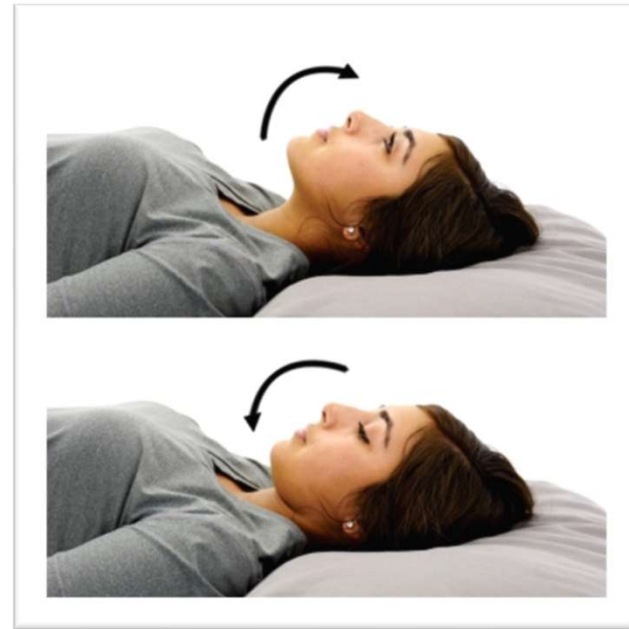


Sample Exercises

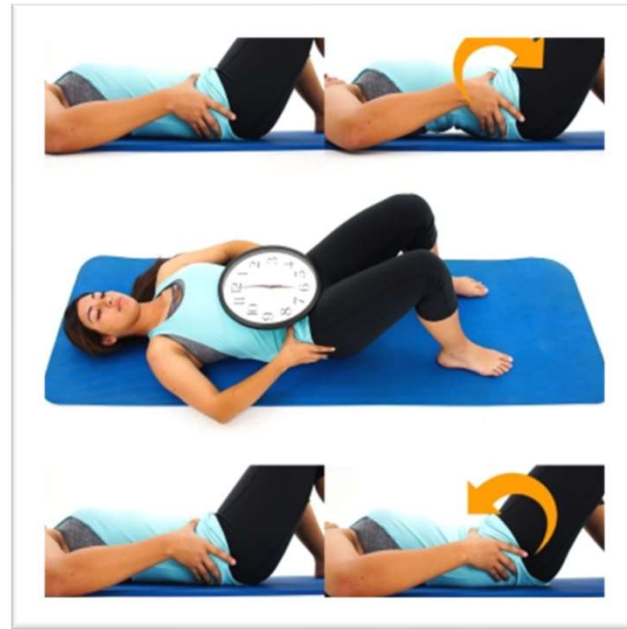
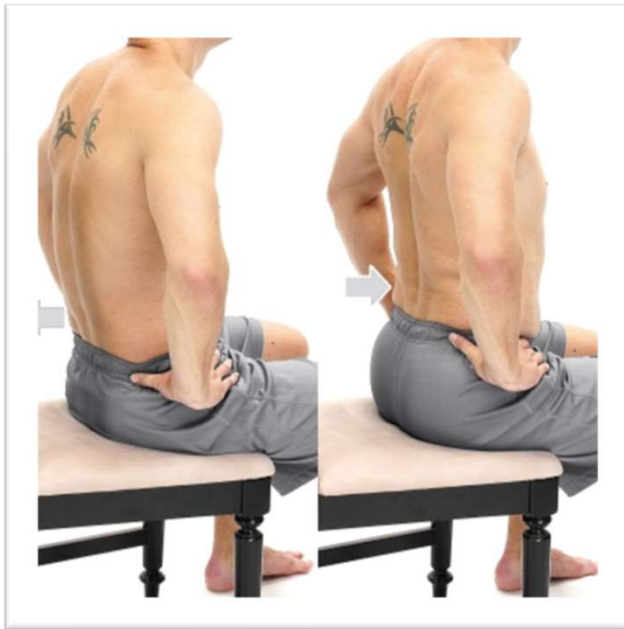
- ▶ Chin Tucks
- ▶ Pelvic Clocks
- ▶ Cobra
- ▶ Bow And Arrow
- ▶ Leg Slides



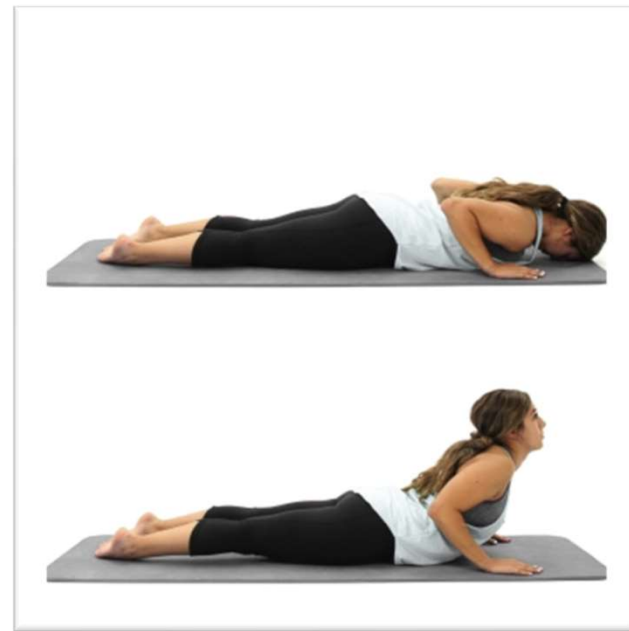
Chin Tuck



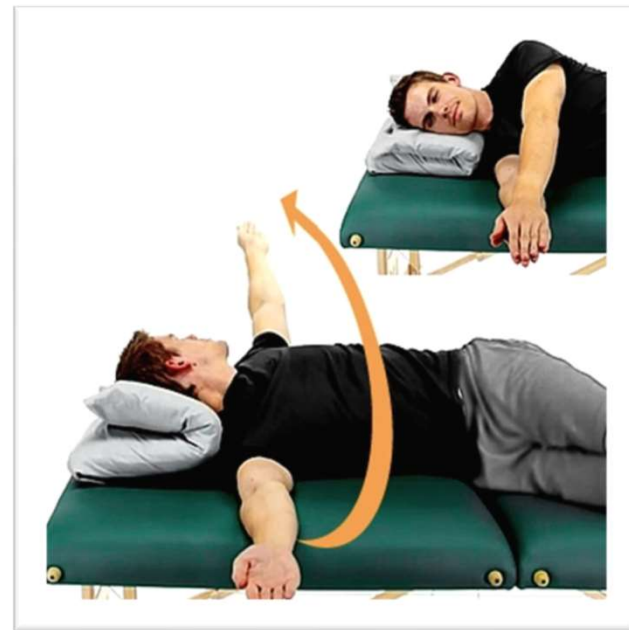
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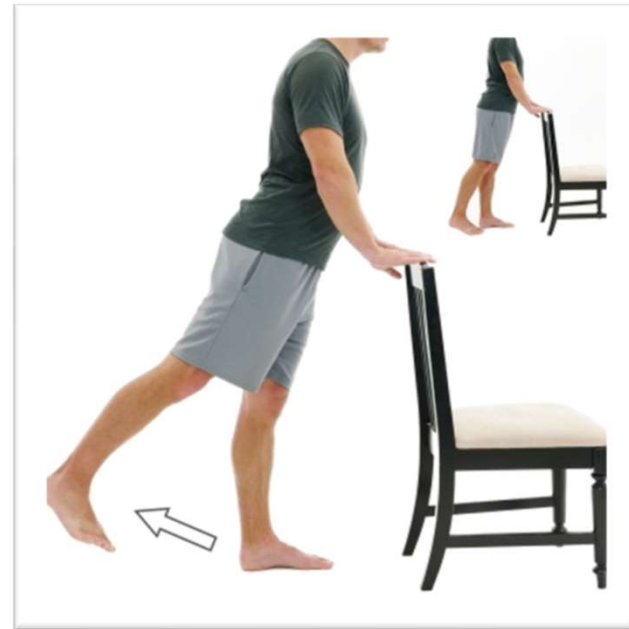
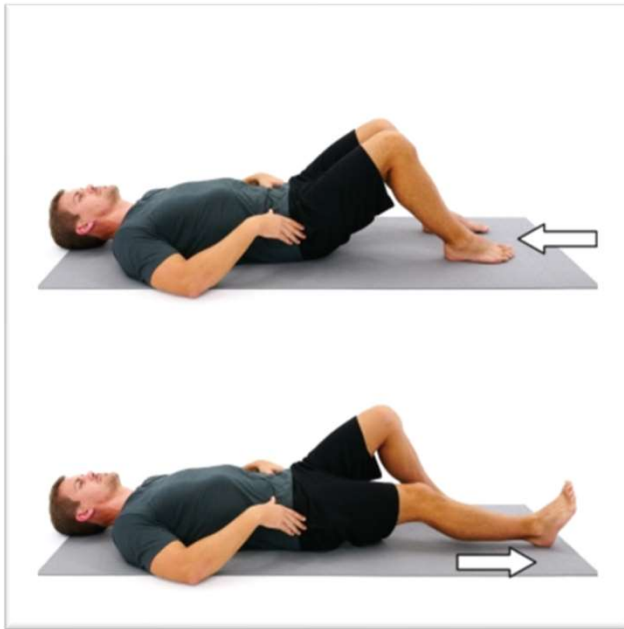
Cobra



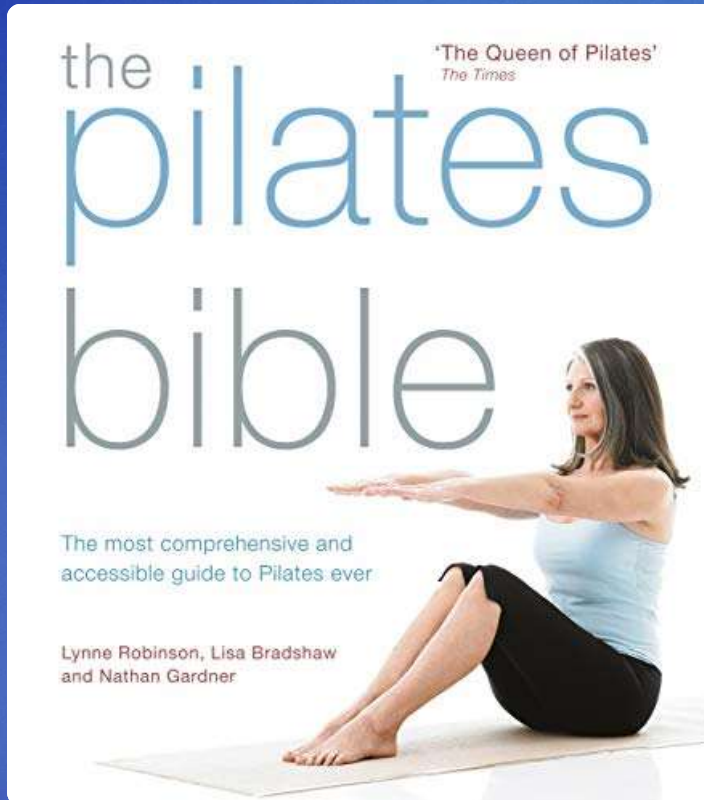
Bow And Arrow



Leg Slides



[Order On Amazon.ca](https://www.amazon.ca)

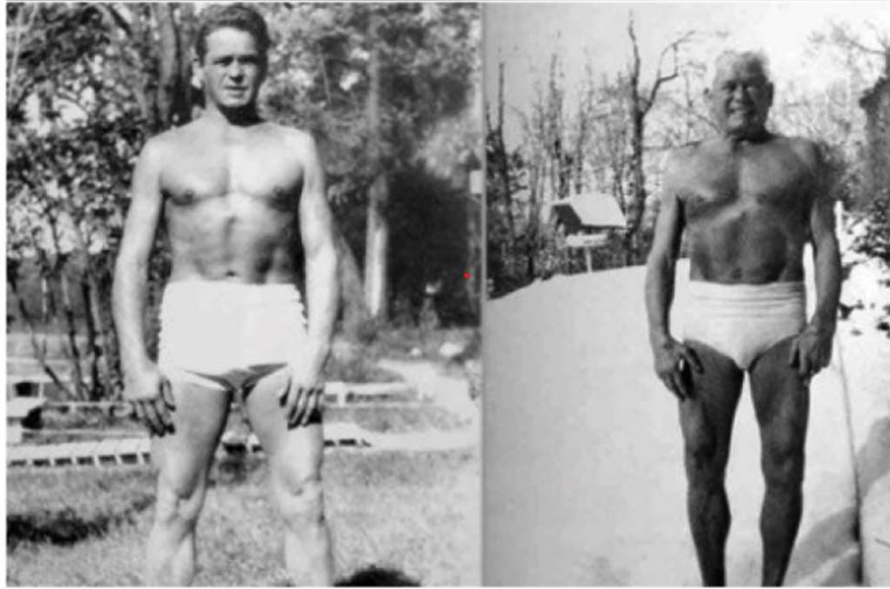


The Pilates Bible

BOOK RECOMMENDATION

Cristiane Cruz, MPK

<https://www.thepilateswaystudio.com/index.php/who-is-joseph-pilates/>



Pilates at 57

Pilates at 82

"If your spine is inflexibly stiff at 30, you are old; if it is completely flexible at 60 you are young"

**Our Bodies
Are Made
To Move...
At Every
Age!**