

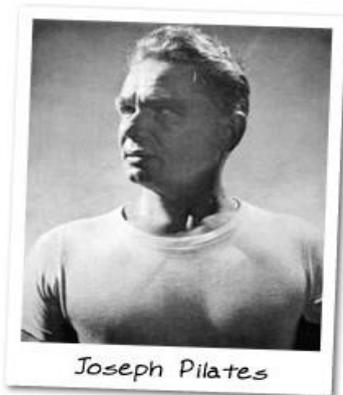
The Wellness Centre

(CASTLE QUAY)

Pilates is for Everyone...

"I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier".

Joseph Pilates, in 1965 age 86.



Joseph Pilates

When Joseph first invented Pilates he was treating injured soldiers during the war. He saw that by doing simple stretching exercises and working the core, soldiers were able to recover from injuries quicker, and it made them fitter and stronger. He recognised that Pilates works deeply within the body so it doesn't just target the superficial 'surface muscles' of the body. Instead it targets the deeper muscles below the surface. Pilates focuses on your core muscles, and as core strength develops the back muscles learn to work in harmony with each other and thereby re-align the body.

Nowadays there is an ever increasing variety of exercises available, offering people new and improved ways to keep fit. You may have been tempted to try one of them..? In general most exercise, in whatever form, is good for your body and the health of your heart. From walking to jogging, to cycling and swimming. But with all exercise there is an increased risk to sustain injuries, and for your body to become imbalanced. For example if you love running one will know that it is great aerobic fitness. However consider your posture when you run... Your shoulders are often slouched forward, and there is an increased wear and tear on your back, knees and joints in general...

Pilates is a great exercise because not only does it help to strengthen your muscles, but also it gives you flexibility and helps to correct posture and imbalances that you inherit from everyday living and/or participating in conventional exercise. Why not consider combining your usual favourite form of exercise with Pilates..?



www.the-wellness-centre.com

Tel: (01534) 633060

contact@thewellnesscentre.com

Fax: (01534) 633058

Castle Quay - Millais House - Rue De L'Etai - St. Helier - Jersey

JE2 3WF

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One of the many great things about Pilates is the fact that many types of people, at any age, with any level of fitness can do it. It is never too late to start, and Pilates is for Everyone!

Through the years Pilates has never lost its popularity, and it retains a strong following by celebrities such as Liz Hurley, Martin Amis, Gwyneth Paltrow, John Cleese and Madonna.

Celebrity Quotes

"I do Pilates four or five times a week. The benefits are subtle, but it increases your flexibility and really tones you up. It also straightens your spine and improves your posture. In the past eight years, I've grown more than two and a half inches (6cm). I am 5ft 7ins (1.70m) and I am very pleased with that".

– **Belinda Carlisle, singer and pop icon.**

"I'm a Pilates person... It's great.. I had a chronic back, a pinched nerve and a hip problem and it's completely solved all of it. I love it. It makes me feel like I'm taller."

– **Jennifer Anniston, TV and movie star**

Author

Natasha Rushton

Bsc. (Hons) Dip NT, Dip Mat Pilates L3 m(BANT)

"IN 10 SESSIONS,
YOU WILL FEEL THE
DIFFERENCE. IN 20,
YOU WILL SEE THE
DIFFERENCE. AND
IN 30, YOU'LL BE
ON YOUR WAY TO
HAVING A WHOLE
NEW BODY."

JOSEPH HUBERTUS PILATES

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