

JANE HAMILTON PILATES

ONLINE

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10 Frequently Asked Questions About Pilates

1

IS PILATES GOOD FOR YOU?

YES!!

Not just physically but it helps you mentally too. Many class members say they feel good in themselves after a class, more upbeat and energised ready to take on their day and week. A Pilates class is a way of drawing you into the present moment with focused breathing, being with your physical body unwinding and releasing tension there. Relaxation is one of the 8 fundamental principles of Pilates.

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IS PILATES CARDIO?

No

Cardiovascular exercise is exercise that gets your heart rate up and increases your breathing often referred to as aerobic exercise such as running, brisk walking, cycling and swimming.

Pilates is about breathing, stretching and strengthening.

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IS PILATES GOOD FOR WEIGHT LOSS?

Yes and No

This is a very common question and although Pilates is not cardiovascular exercise, it is a form of exercise that tests your stamina with a series of repeat exercise moves. If you do a regular cardio workout in conjunction with a regular Pilates class, and eat and drink sensibly there is no doubt you will lose weight and tone up.

With better postural alignment you develop in class you stand taller which makes you look slimmer and toned.

4

IS PILATES A GOOD WORKOUT?

Yes

Pilates is a good workout for all the muscles and joints. In each Pilates class you work around the body using biceps, triceps, abdominals and gluteal muscles in various positions. You mobilise, stretch, and strengthen your muscles and there are exercises that challenge your balance too. Correct Pilates breathing throughout a class is a good workout in itself for muscles such as the diaphragm, abdominals and obliques.

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IS PILATES GOOD FOR MEN?

Yes

Pilates is good for everyone! We all have the same core muscles and pelvic floor muscles. Pilates is the number one way to develop and maintain a healthy back and strong core. Pilates works well in conjunction with all activities and sports - you get more out of them, perform better and there is more chance that you remain injury free with the mobility, flexibility and strength you build up in class.





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IS PILATES GOOD FOR SCIATICA?

Yes

Regular Pilates classes practising specific, gentle moves at first that don't overstretch the nerve will help ease Sciatica.

The sciatic nerve originates in the lower back, it is the largest and longest nerve in the body and runs to the hip and then to the leg and foot. If there is an obstruction, restriction or irritation to the nerve through injury you can feel pain, tingling and numbness anywhere along it. If we keep our back mobile, balance the pelvis and realign the hips with regular Pilates moves the left and right sciatic nerves will move freely through the body keeping us pain-free.

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IS PILATES RESISTANCE TRAINING?

YES

Pilates is a form of strength training because it incorporates resistance training through body weight and other equipment such as small weights or resistance bands. The resistance exercises build muscular strength, stability and endurance.

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IS PILATES GOOD FOR THE PELVIC FLOOR?

Yes

The pelvic floor is one set of core muscles used in Pilates.

When pelvic muscles are not strong enough pelvic organ prolapse can happen in women.

Pelvic muscle damaged can lead to urinary incontinence in both men and women and erectile dysfunction in men.

Strengthening your pelvic floor muscles can improve the symptoms of pelvic organ prolapse, help urinary incontinence and make sex better too.

Everyone can benefit from doing pelvic floor exercises.

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IS PILATES STRENGTH TRAINING?

Yes

During Pilates classes, strength moves are repeated 10 - 20 times depending on the class level.

Resistance exercises are practised to build up strength in the body. These include exercises like the plank and press ups but don't worry there are different levels to each of these exercises so you develop your strength, stability and stamina through weekly classes over time.

10

IS PILATES HARD?

NO

Pilates is easy when you know how. You build up through the different levels of a Pilates move each class. Why not give it a try?

You can get all the same benefits with an online Pilates class as a studio class. Online classes are ideal for people who want to squeeze a class in during their lunch hour or for those who find it hard to get out.



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