

35 reasons to do Pilates

- To build core strength
- Good workout for entire body
- It only needs a mat, no special equipment
- Increase flexibility
- Helps strengthen muscles around knees and joints
- Can help to boost mental health by improving focus and concentration
- To improve posture
- Benefits the balance of the body

- Boosts stamina
- Controlled breathing can help to reduce stress and anxiety
- Gives better spinal health and strength
- Improves blood circulation
- Makes you aware of your own body
- Gives strength without bulky muscles
- Helps to understand your body's limits without causing pain
- Promotes mindfulness and body awareness

- May improve digestion
- Gentle, low impact exercise
- Helps to create lean muscle mass, thereby assisting with weight loss
- Helps to cut down on body fat and lower cholesterol levels
- Versatile & adaptable to your needs
- You can do it at home as well as in a class
- It is for everyone, regardless of age, size, fitness etc
- In a group, it's good for social contact

- Engages gluteal muscles
- Helps to move the body efficiently
- Can contribute to lowering blood pressure
- Can assist with recovery from injury
- Can help to boost the immune system
- Improves breathing irregularity
- By improving balance, it can reduce the fear of falling
- Can help to relieve tension
- Helps to loosen tight hamstrings

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