

Seven reasons to do Pilates fundamentals.

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Karen Toth

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1. Feel younger – "days go by so quickly", "time flies", Do you find yourself thinking and feeling this way? Slow down take some time to yourself to feel younger.
2. Less stressed – Do you ever feel like you are carrying the weight of the world on your shoulder? Let me show you how to release some of the burden and give it to someone else.
3. More rejuvenated – Do you ever feel sluggish do to lack of sleep or energy? Re-energize with some soothing music, a good nights sleep and a calming voice to encourage you to move very sutlely.
4. Stand taller – Do you feel like you have lost height even from when you first started your day? Let Pilates encourage your body to build the strength and relaxation into your body to assist with standing taller.
5. Walk with the grace of a dancer – Ever notice the way you are walking? Would you like to walk with ease and economy? Pilates can relieve pain in the hips and legs to support your body and walk easier.
6. Toned body – Would you like your pants to fit a little looser? Pilates will help move things in a way to assist with your toning goals.
7. Focused mind – Would you like to do more of the things you like? Pilates encourages you to be in the now and will calm the brain so you can focus on one thing at a time.

Sharon says, "after 3 weeks of doing Pilates with Karen my shoulders feel great."

Kevin says "after 6 weeks of Pilates I am able to walk with no cane. I have MS and have found Pilates of great benefit."

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"I like Pilates. I think you do an awesome job! I like that you're able to help us adapt to the challenges we have. You're very encouraging with us beginners. I plan to rejoin when the 12 wks. are up. Thanks!" Grace

Two seniors upon visiting their doctors for their annual visit were told they have increased 1" in height from doing Pilates.

Can you imagine the experience of moving your body to relaxing music in a subtle way. Image feeling taller, more relaxed, younger, rejuvenated, sharp mind and walk with the grace of a dancer.

All you have to do is decide to feel this way. Make the choice to have your body feel great! Soft soothing music, soft voice inspiring you to move in subtle ways to release a days worth of stress. Decide to feel the way you felt as a youngster or better. Decide to commit about 18–20 minutes of your

time when you come home from work or play to listen and be guided through movement.

Enjoys health and wellness, using the Pilates method. Produced 2 Pilates for relaxation video's as well as a downloadable MP3. www.stretchyourlife.com

The History of Pilates

By PilatesPowerSystem.com

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*The History of Pilates

In order to understand the basics of Pilates and why it can work for you, you first need to understand where Pilates came from. Pilates was originally formed in Germany by a man of the same name, Joseph Pilates.

Joseph Pilates had many health afflictions as a child. The boy wanted to overcome the hardships he faced. He hoped exercise would not only boost his morale, but also his body's defense against his illnesses.

The year was 1880 when Joseph Pilates was born. During his youthful years, he tried a number of things to try to strengthen his body. After several failed attempts to create the perfect program for his frail form he came up with the series of movements we now know as Pilates. However, it wasn't until the 1920's that the movements Joseph Pilates created were truly perfected.

One of the things that make Pilates so great is that the movements and exercises you do seek to give you strength and flexibility, but not to build any serious amount of bulk to your frame. Pilates is not about building muscle, it is about working with your body and not against it. You need to be able to take what you have been given and make that work for you before attempting anything else and that is

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the philosophy that Pilates was founded on.

As you learn more about Pilates you will find that it is designed for each person's body. Pilates will align your bones through a series of movements and this will allow your body to work with less strain thanks to the activity of exercise you are achieving.

Pilates appeals to a number of people. It doesn't matter what type of person you are or what level of training your body is at. Pilates can help you improve your body's natural functioning as well as help boost confidence and your mental wellness.

The most wonderful thing you will discover about Pilates is that you don't have to suffer through the movements to feel better. You are training your body with intelligent design and therefore you will not need to work twice as hard, as you may have to do with other work out programs.

Pilates was set up to create balance within your body. This will help you to realign your bones and can also help to improve your posture. Another positive feature is the lean muscles that you will form thanks to your workouts.

Pilates is excellent exercise for everyone no matter their shape or size. In fact, many videos and exercise clubs have created classes for people with disabilities, arthritis, general strength or weight loss issues, different strength issues, and even for pregnant or birthing mothers.

Shannon Beaty has been practicing Pilates for over 10 years, and has been a Pilates instructor for over 6 years. She teaches at the Johnthan Club in Los Angeles and oversees their entire Pilates Program. © PilatesPowerSystem.com All rights reserved. You may fr*eely distribute this article. The copyright and this resource box must be included. <http://PilatesPowerSystem.com>

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