

EVERYTHING YOU WANTED  
TO KNOW ABOUT STOTT PILATES™

# FAQ

## What is pilates?

Pilates, pioneered by the late Joseph Pilates, is a mind-body exercise system to strengthen the weak and challenge the strong. Pilates (1880-1967) was a German expatriate who first made his mark in England during WWI when he developed a series of exercises and innovative equipment to help prisoners of war regain strength and mobility. Exercises can be performed on a mat or specialized equipment.

When Mr. Pilates immigrated to New York, the professional dance community there discovered his conditioning techniques could help them prevent injury and improve strength while maintaining long even muscle tone. Martha Graham and George Balanchine were both students of his, and two of the first celebrities to benefit from doing pilates.

## What is STOTT PILATES™?

Developed by former professional dancer Moira Merrithew, STOTT PILATES™ is an anatomically-based approach to the original exercise method. It is a progression in pilates that incorporates modern exercise science and rehabilitation principles, eliminates contraindicated movements and emphasizes neutral alignment, core stability and peripheral mobility.

Master Instructor, program director and co-founder of STOTT PILATES™, Moira Merrithew spent years researching and refining the pilates technique to incorporate modern medical science.

Says Oxygen magazine:  
"STOTT PILATES gives your body a rewarding challenge."



# Moira Merrithew Offers the Skinny on the Hottest Method of Exercise Today!

The STOTT PILATES™ repertoire consists of more than 500 systematic, mind-body exercises that can be performed on a mat or specialized equipment pieces.

A fitness program for a lifetime, STOTT PILATES™ is ideal for everyone from young adults to aging baby boomers, and post-rehab patients to elite athletes.

## What are the benefits?

STOTT PILATES™ conditioning will help you develop optimal strength, flexibility, endurance and posture, without building bulk or stressing your joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation, STOTT PILATES™ exercises will leave you looking toned, feeling revitalized and moving with ease.

## The pilates commercials on TV claim I can lose weight? Is this true?

Moira agrees that while pilates can aid in losing weight, it's not as easy or as fast as some would make it seem. "Commercials are effective marketing tools," she says, "but science does not back up pilates programs that position themselves as calorie burning systems." The pilates method of exercise is not aerobic (cardiovascular), which, along with a sensible diet, is necessary for burning fat.

Pilates will help strengthen, build and tone muscle mass. Muscles are metabolically active tissue. "Skeletal muscles are responsible for more than 25 percent of our calorie use. An increase in muscle tissue causes a corresponding increase in our metabolic rate." (*American Council on Exercise Personal Trainer Manual* ©1996).

STOTT PILATES™ videos, featuring "the first lady of pilates" Moira Merrithew, are now available at major retailers in the US and Canada.

Watch for *STOTT PILATES with Moira* premiering soon on WTSN.



## Why all the sudden interest?

It seems that pilates is all over newspapers, magazines and TV lately. People are becoming increasingly more interested in fitness modalities that help relieve stress. They're also much more interested in prevention and taking care of their bodies. They want to stay fit and look good for as long as possible.

Pilates is complementary to many ways of working out. It's excellent for an aging population. Its mind-body aspect is even said to be useful in preventing stress-related illnesses, like heart disease.

The relationship also works the other way. A strong healthy muscle will metabolize fat much more effectively than a weak, non-fit muscle. Because pilates strengthens muscles, people who practice it regularly become more effective at metabolizing calories, which had been stored as fat.



# STOTT PILATES™

[www.stottpilates.com](http://www.stottpilates.com) or 1-800-910-0001

By internalizing and connecting the mind to the body, STOTT PILATES™ assists with stress relief and focus and can increase stamina.



## Why have so many celebrities jumped on the pilates bandwagon?

Many celebrities choose pilates because not only does it improve their physical appearance, it also helps with their stamina, stress relief and focus. Pilates is invigorating and helps people feel de-stressed. For celebrities, on whom the outer world places a spotlight, pilates allows them to “get away from it all” by internalizing and connecting the mind to the body.

Karen Kain, formerly a principal dancer with the National Ballet of Canada, was one of Moira's first STOTT PILATES™ clients.



there's a STOTT PILATES™ video for every piece of equipment and skill level

## Can pilates matwork™ be aerobic?

To achieve an aerobic or cardiovascular benefit you have to sustain a duration of 15-60 minutes of continuous exercise (run, swim, bike etc.). A typical pilates class does not challenge the cardiovascular system enough to elevate the heart rate to the prescribed level.

The muscle toning and strengthening benefits of pilates are the perfect complement to such fat-burning activities as power walking, swimming or cycling.

Essentially, the body awareness and improved self-image you'll gain with pilates will probably do more to help you win the battle of the bulge than crash dieting and obsessive exercising ever will.

## Who benefits from pilates? Is it good for everyone?

No form of exercise is appropriate for everyone, but STOTT PILATES™ is appropriate for most people. As with any exercise method, you should always consult with a medical expert before beginning an exercise regime. A modified program may be recommended if you have any physical limitations.

Athletes appreciate and benefit from the rebalancing effect of STOTT PILATES™.



STOTT PILATES™ can be done one-on-one with a qualified instructor using specially designed equipment.



“Within the first week I could see a difference,” says Ms. Kain, “not only in my strength and flexibility, but in how much better my back felt.” Sharon Stone credits pilates with her return to health. Working out on a STOTT Reformer while filming in Ontario, she described pilates as “a centered, healthful, strengthening and balanced workout.”

## Is it true that a lot of athletes do pilates? Isn't it more for women than men?

Despite its slow, careful movements, pilates is not for wimps! Pro athletes like Eddie Belfour and Martina Navratilova benefit from using STOTT equipment or instruction. STOTT PILATES™ places importance on core stability and rebalancing the muscles making them work more efficiently. This helps prevent injury and improves athletic ability.

## Can I benefit from practicing pilates at home?

For a long time pilates was taught one-on-one almost exclusively. Today the options are greater: you can work with a personal trainer, attend group classes and even work out at home with videos, if you do it mindfully. You can also choose from mat-based pilates or equipment-based programs.

Moira adds, “We've just created a number of new professional-quality STOTT PILATES™ videos for use by at-home exercise enthusiasts or to complement in-studio instruction. Now, everyone from avid exercisers to those who need armchair instruction can benefit from pilates.” You can purchase the videos directly from STOTT PILATES™, online at [www.stottpilates.com](http://www.stottpilates.com), through STOTT PILATES™ Licensed Certification Centers and at major retailers throughout the US and Canada.



## What are the benefits?

When taught effectively STOTT PILATES™:

- Enhances core strength and stability
- Is gentle on joints
- Improves posture and alignment
- Increases flexibility
- Improves muscular balance and strength
- Increases endurance and muscular tone
- Prevents injury
- Enhances athletic performance
- Relieves stress and back pain
- Improves balance and coordination
- Heightens body awareness

STOTT PILATES™, a subsidiary of Merrithew Corporation, is the only full-service organization of its kind providing pilates education, videos and equipment worldwide. For more information visit [www.stottpilates.com](http://www.stottpilates.com) or call toll-free 1-800-910-0001 or from the UK dial 0800-328-5676.

