

The *Spine Twist* exercise using the Flex-Band™ exerciser to increase awareness of shoulder stability.



The *Side Leg Extension* on the STOTT Stability Chair™ requires core strength, stability and flexibility.

# No Pain All Gain

## TEN GOOD REASONS TO GET STARTED WITH STOTT PILATES™

ONCE A WELL KEPT secret among dancers and celebrities, people everywhere are choosing to stay fit and healthy with more mindful, less jarring exercise, such as STOTT PILATES, a contemporary approach to the original “mind-body” exercise method pioneered by the late German athlete Joseph Pilates. And with good reason. Such methods not only yield remarkable results – like pain-free posture and longer, leaner muscles – they actually feel good to do. So, whether you attend pilates-based mat classes at your local fitness club, prefer one-on-one equipment-based training or want to work out at home, here are ten good reasons to get started:

Moira Merrithew performs *Arm Circles with a Round Back* on the Reformer, strengthening the arms and shoulder girdle while articulating through the spine and strengthening the core.



PRINTED IN CANADA. REPRINTED WITH PERMISSION. ©/TM TRADEMARK OF MERRITHEW CORPORATION. ALL RIGHTS RESERVED.

## 1 Flatten, tone and strengthen abs

Instead of doing endless sit-ups, lower reps of exercises like the classic 'Hundreds' are performed with more control. This, combined with a constant focus on torso stability throughout your workout (and your everyday life) is what makes STOTT PILATES famous for yielding strong, flat abdominal muscles.

## 2 Longer, leaner muscles

Because of its aesthetic streamlining effects, magazines like *Vogue* and *Elle* have been hot on the trail of this method of exercise. Balancing strength with flexibility not only allows you to achieve a long lean look, it allows your body to move with ease.

## 3 Improve posture

Unlike Joseph Pilates' original teachings and conventional fitness programmes which promote a flat spine, STOTT PILATES recognizes and restores the important shock-absorbing features of the spine's natural curves.

## 4 Prevent injury

In addition to increasing flexibility, STOTT PILATES exercises strengthen muscles concentrically and eccentrically (resistance on both the 'in' and 'out' movement). This in turn improves muscular control which prevents injuries that commonly occur upon impact, such as landing when jogging or doing aerobics.

## 5 Increase circulation, relieve tension

A continual emphasis on breathing not only oxygenates the blood and replenishes cells throughout the body, it also increases blood flow to the brain which helps with focus and has a revitalizing effect.

Stretching the abdominals and opening up the anterior wall of the spine while supported on the Arc Barrel.



## 6 Enhance body awareness

By identifying and strengthening the body's deeper support system – the muscles of the torso – you learn how to move efficiently. Walking, running and even tying your shoes become the easy-to-accomplish tasks they should be.

## 7 Balance strength with flexibility

Most of us have overtrained our muscles by doing way too much forward bending and not nearly enough stretching and strengthening of the back. Similarly, athletes tend to overuse certain muscles while neglecting others. STOTT PILATES works on rebalancing the muscles around the joints to work effectively and reduce the chance of injury.

## 8 Heighten concentration

This is no mindless exercise programme! By being conscious of your muscles and how to control them, you gradually strengthen the powerful mind-body connection. This heightened awareness and focus carries over into everyday life.

## 9 Enhance athletic performance

Dancers have sworn by pilates-based exercise for years because of the precision performance, focus and injury prevention they achieve. More recently, professional and amateur golfers, baseball players, skaters and the like have noticed a marked difference in their games.

## 10 Boost self-esteem

Because the method of exercise feels so good to do and yields noticeable results, you'll feel great about yourself!

The Roll Over exercise involves strength and control of the abdominal muscles and articulation of the spine.



Using the Fitness Circle® ring adds resistance to this hip adduction exercise which also involves core stability and balance.



As people continue to seek a better quality of life – free of aches and pains – more mindful exercise will continue to gain popularity. Remember, as with any conditioning program, make sure you have your doctor's okay before getting started, and that you attend classes with a certified instructor. STOTT certified instructors are among the most highly trained in the industry, but if you can't find a specialist near you, prefer to work out at home, or want to complement your studio training, STOTT's comprehensive video series can help get you started.

For more information about STOTT PILATES videos, training and equipment, call toll-free in North America 1-800-910-0001, UK 0800-328-5676 or 416-482-4050, fax 416-482-2742 email [info@stottpilates.com](mailto:info@stottpilates.com) or visit [www.stottpilates.com](http://www.stottpilates.com)