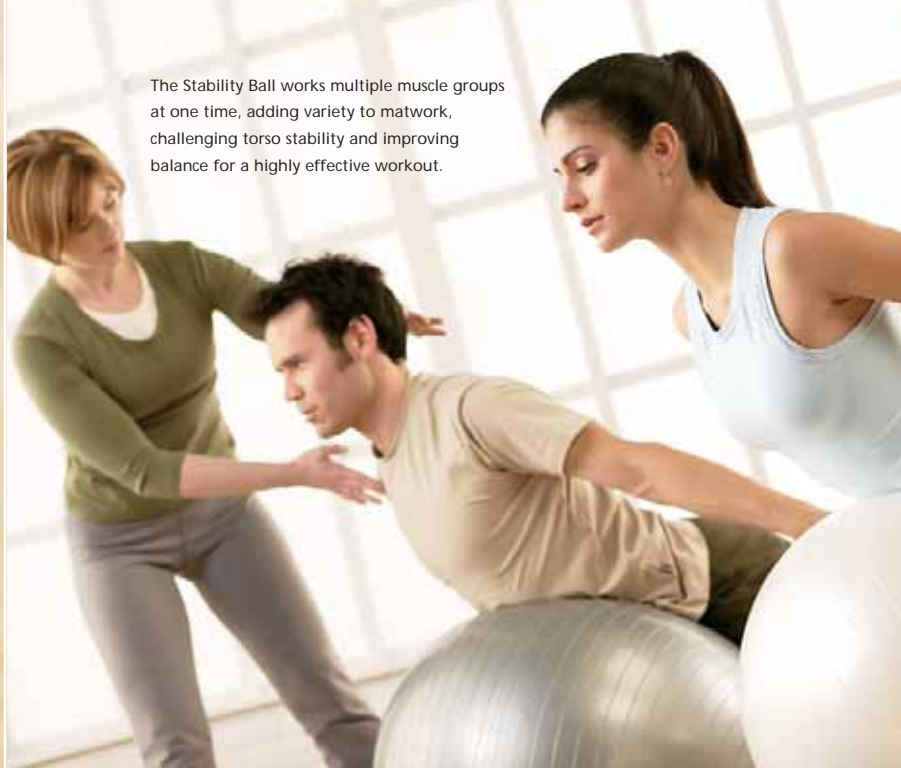


Light equipment such as the Flex-Band® exerciser can be used to add challenge to matwork exercises and simulate the resistance and flexibility moves performed on a reformer.



The Stability Ball works multiple muscle groups at one time, adding variety to matwork, challenging torso stability and improving balance for a highly effective workout.

# No Pain All Gain

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

**O**NCE 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:

Once the secret of rehab professionals and elite athletes, the reformer is STOTT PILATES' signature piece of equipment and can be used to perform up to 250 different exercises.



## 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 exercise 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 programs that promote a flat spine, the STOTT PILATES method 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.

## 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 easier.

## 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. The STOTT PILATES method 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 program! 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!

Favored for adding resistance to exercises, weighted Toning Balls sculpt strong, healthy muscles without building bulk, and are versatile enough to integrate into aerobic classes, yoga, and pilates matwork routines.



This article compliments of:

For more information about STOTT PILATES videos, education and equipment, call toll-free in North America 1-800-910-0001, 0800-328-5676 in the UK, 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)