



FOR THE OVER-50s

By Jeanne Matthis, biokineticist

These days, most of us have heard of Pilates (pill-ah-tease) exercises. It might have been from overhearing someone in the shopping queue, "My Pilates instructor says ..." or a friend stating, "You simply must join my Pilates class".

But what is it and is it a good exercise choice for the older population?

WHAT IS PILATES?

The focus of Pilates exercises is on the core (deep abdominal and pelvic muscles) and postural muscles.

Pilates exercises can be done simply on a mat, using your own body weight, while other exercises use an oversized exercise ball or specialised Pilates equipment.

WHAT ARE THE BENEFITS OF PILATES?

- Pilates exercises the core and postural muscles and helps to support your spine, hips and legs.

- They are gentle and low impact. You can strengthen your muscles safely and avoid injury.
- They teach good posture and controlled breathing.
- They help improve flexibility and agility.

IS PILATES GOOD FOR PEOPLE OVER 50?

Absolutely!!

Pilates is a safe and fun way to help maintain good posture, ease joint aches and pains, and have a total body workout. 📌

