



## 3 Simple Reasons

# WHY PILATES?

As a massage therapist and a Pilates Instructor, I'm frequently referring massage clients to undertake Pilates exercises in order to minimize their pain and improve body function.

Why is this? 3 simple reasons

1. Because Pilates can help to increase your core stability by targeting the stabilizing muscles of the spine, pelvis and scapula. Once these muscles are activated & isolated, you will be more able to progress to dynamic & functional movements.
2. Pilates helps to correct muscle imbalances by strengthening your weak muscles & lengthening your tight muscles
3. And importantly, Pilates will assist in improving your posture. Simply because correct posture is required to perform Pilates movements, thereby strengthening your postural muscles and correcting imbalances.

Including Pilates exercises regularly – at least 3 times a week, in class or at home, will give you the best results by far while you train your brain (Pilates takes focus and concentration too – but that's another topic!) and your muscles to keep your body, supple, balanced, strong and pain free.

Melissa Speare  
Remedial Massage Therapist  
Pilates Instructor



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