

Have you ever wished for MORE...

Have you ever wished for MORE 'umph' in your day? Have you ever wished for more energy at the end of your day rather than feeling drained? Have you ever wondered why people accept the aches and pains with which they live? Why do we move the way we do?

The answer to this can be found in our way of life. We all know how it feels to stand-up after sitting for a long period of time or how it feels to get out of a car after a long journey. Our bodies feel locked. We are designed to move; to lift objects to stretch to raise our heartbeat. We are not designed to be inactive.

It is easy to move into a way of life that doesn't challenge. It is not so easy to attempt to change once those habits have been formed. The adage of 'healthy body, healthy mind' is as true today as it has ever been.

One of Joseph Pilates' favourite quotes, that of the German philosopher, Schiller, 'It is the mind which controls the body'. Our workplace has become more sedentary and our leisure time, for many, has followed. Children spend more time in front of computer games or the television than ever and these habits follow into adulthood.

Did you know...?

Exercise will make your muscles stronger and more flexible. Being more flexible means you can move easier and run faster. All good athletes are very flexible. Strong muscle means a stronger body and a better use of the calories that you eat. Be sure to warm up and cool down with a stretch before and after you exercise.

We now tend to favour one group of muscles more than another when we perform most of our day to day activities. We then become unbalanced. Our muscles then hold the 'memory' and that may be unnoticed until we attempt something new. We find our comfort zone and stay with it even if we acknowledge its weaknesses.

As an example, hunched shoulders are a product of a prolonged desk bound life and, similarly, walking with a forward tilt is the result of wearing high heels over a period of time.

Children who experience growth spurts and outgrow their peers tend to walk with stooped shoulders, so as not to bring attention to themselves when they are head and shoulders above the rest. This often tightens the pectoral group of muscles in the chest resulting in rounded shoulders.

Well, imagine an exercise routine that can give you a firmer, flatter middle, improve your posture, provide you with more energy and may even make you taller! Imagine an exercise routine that does not involve mindless jumping around to loud, thumping music in order to achieve the benefits of great muscle tone. Imagine an exercise routine that provides you with stretching benefits of a yoga class and the strengthening of a gym routine. Imagine an exercise routine that provides you with control, balance and strength.

Now imagine combining all of the above into ONE exercise routine. This is the routine that will change your life and your attitude to your own body. This is a routine that can give you an increased vitality, make you feel years younger and improve your posture while toning those 'lazy' muscles. This is a routine that can eliminate that nagging back pain and help you enjoy a better sex life!

Pilates is simple in its theory and effective in its execution.

THE HUNDRED

This is Pilates bread and butter without any bread or butter. This one is your foundation to understanding the whole approach. Less is more to encourage activity. For those fantastically strong abdominals and back we do very little. That got you interested didn't it?

A neutral spine is the same as a natural spine. It is simply good posture. Whilst standing place your fingertips on your hip bones then tilt your pelvis forward and feel how your shoulders slump. Now tilt your pelvis back and feel how your bottom sticks out. Your neutral spine is the half-way point. Do the same exercise whilst lying down with your feet planted, knees hip-width apart. Now draw your naval to your spine and keep your neutral spine. The trick is to stay aware. We all have years of (potential) bad postural habits to overcome.



1. Lying on your back draw your knees in to your chest.
2. Drawing your naval to spine release your knees over hips (see above).
3. Keeping your breath easy begin to pulse your arms down the length of your body to a slow count of 100.

It is important to increase the intensity slowly. Losing your neutral spine will result in lack of strength and support. It will also mean poor posture and ineffective results.

Carol Westmorland - www.pilates-cumbria.co.uk

To experience Pilates with Carol Westmorland drop in on one of her Classes at the Creighton Rugby Club, Parklands off Garlands Rd. Drop in Classes £5.00 or £35 for 10 sessions (to be used at any time. For more information give Carol a ring on 01768 870707 or 07976266335.

Pilates

With Carol Westmorland
At Creighton Rugby Club
Parklands, Carlisle

Monday at 5.30pm & 6.30pm
Wednesday 5.30pm, 6.30pm
& 7.30pm

Tel: 01768 870707