

Start Pilates in 2019

With the end of 2018, you may be reflecting on fitness goals to set coming this new year. Be it reducing back pain, safely working out during pregnancy or rounding out your on-season training. Here are 5 great reasons on why you should start Pilates in 2019!



1. Core stabilisation

Pilates exercises are known to target a lot on your deep core. These are the muscles that also supports your back and keeps your waist slim! Having a strong core equals a strong back.

By practicing Pilates exercises on the equipment such as chair, barrel, reformer and other modalities helps stabilises your core, and is actually easier to learn new movements and exercises than matwork alone.

2. Improve Strengthening and Sports performance

Do you happen to be a runner or triathlete? Or even work out in the gym?

All muscles are connected through our core. By training up your core, the center of the body, it also strengthens other muscles, significantly improving your overall fitness.

Pilates is a full-body exercise that focuses on the core, challenges your balance, flexibility, strength, breathing, posture and dynamic stability which can be very beneficial to a professional athlete or a fitness beginner.

“With a strong core, you can run faster, you can perform better and you can dominate in any sports”.



3. Relieve neck and shoulder tension

Neck and shoulder tension are one of the most common issues faced especially for people who work long hours behind a desk. This usually happens with a poor posture and the stress/pressure placed around the neck and shoulders.

Pilates emphasises on relaxation and breathing. The stronger your abdominal and back muscles, the more your shoulder and neck muscles can relax. Overtime, it aids in relieving the tense muscles and improve your movement patterns.

4. Improve blood circulation

As Pilates helps to improve your posture, it naturally improves the blood flow. One of the classic Pilates exercise – the Pilates hundred, is a great way to get your blood circulating around your body.

With better blood circulation, not only will it help you feel refreshed but it also helps you sleep better at night, which is another additional benefit!

5. Challenges your range of movement

Pilates exercises involves a lot of dynamic stretching therefore helping in lengthening and strengthening your muscles. With increased flexibility, it also improves and challenges your range of motion.

It doesn't matter if you are young or old, fit or unfit, Pilates is beneficial for everyone and will definitely make your life better! With that said, I believe it's time to start signing up for a Pilates session?

- *Kim, Pilates Instructor*

[Click here](#) to check our class schedules. If you wish to make a booking, call us at 6235 3938 / 6327 2072 or email info@focusmovement.sg.

We look forward to seeing you in studio!

