

PILATES & OLDER ADULTS

WHY SHOULD SENIORS BE DOING PILATES?



Gentle & Effective:

It is essential for older adults to remain active in order to maintain strength, flexibility, balance, and coordination, among other things. Pilates is a gentler, more effective way for older generations to stay fit and exercise regularly.

Pilates focuses on controlled, and purposeful breathing while building a strong core, with gentle non-impact exercises. This reduces the risk of injury, especially to weakened joints! Additionally, Pilates is an incredibly effective way to rehab from surgical procedures either following or in conjunction with Physical Therapy (as long as your doctor agrees)!

Whether you're healthy, and just want to exercise, have just had surgery or are suffering from age related ailments, Pilates is for you!

Benefits of Pilates for older adults:

- Can be weight-bearing and/or non weight-bearing exercises depending on needs and/or injuries
- Focuses on quality of movement rather than quantity (reduces risk of injury)
- No impact/light resistance (good for maintaining health of your joints)
- Builds a strong core, which positively affects postural patterns
- Increases stability, balance, flexibility and strength in a safe manner
- Helps with functional, everyday movement
- Good way to rehab from surgery
- Helps with age related ailments (i.e. osteoporosis, arthritis, Parkinson's, MS, stroke).