

# PILATES ON TAY



## Pilates at every age

Getting older really *can* mean getting better. And Pilates is the perfect way to achieve and maintain optimal health in midlife and beyond.

Why? Pilates can be intense or gentle. It can help enhance your figure, reduce back pain, rehabilitate joints, and minimize stress. Above all, it enhances *all* areas of your life as the years roll on.

Here's how.

**In your forties**, a regular exercise plan takes on a new importance. The wear-and-tear brought on by many hours of working at a desk, “hard-core” gym workouts, or years spent taking care of children, all start to take their toll on your back, knees, and posture.

Pilates offers an achievable pathway towards optimal health and an alternative to the harsh workouts of your younger years. You really can feel better in your forties than you did in any previous decade!

**In your fifties**—your peak working years—Pilates elongates your muscles and spine and strengthens your abs and core. This is especially important to combat the stresses of the work week, be they sitting hunched over a computer (hello, back pain!), lifting heavy loads all day, or standing for hours on end.

The fifties also bring hormonal changes (the menopausal years for women; decreases in testosterone and muscle mass in men). Research has proven that regular exercise such as Pilates can ease the symptoms of these transitions, allowing you to move through middle age more easily.

**In your sixties**, Pilates provides a way to challenge your physical capabilities, while respecting the wellbeing of your joints. It is especially helpful for back or neck pain, knee and hip problems, or recovery from surgery (such as joint replacement, prostate, gynaecological or hernial repair).

Pilates is also ideal training for fall prevention, since it enhances balance and proprioception (your ability to be aware of the relative position of your body in space). These skills help you regain or maintain balance on uneven ground, reducing the likelihood of a potentially injurious fall.

**If you are aged seventy and over**, Pilates can help you keep fit while respecting ongoing physical concerns such as arthritis, high blood pressure, recovery from major illness, or a lack of joint integrity.

All of us want to move well—to comfortably reach the top kitchen cupboard, lift groceries, play with grandchildren, garden, sleep soundly, or simply live independently with ease. Perhaps uniquely so, Pilates can help you maintain or regain these abilities in your golden years, without injury, whilst in a social and supportive environment.

**Bottom line:** Pilates is a wonderful tool for maximizing the health of your body and mind... at every age! And best of all, it's never too late to start.