

# PILATES ON TAY



## How Men Can Benefit from Pilates

More and more men are discovering why Pilates has grown so popular: it staves off the ageing process, keeps your back and joints pain-free, improves sports performance, and is the perfect complement to a regular gym routine. It was even founded by a man—Joseph Pilates.

So guys, listen up! Here's more on what Pilates can do for you:

**It strengthens your core:** Pilates is an exercise system with a strong focus on the core (centre) of your body. Your core is made up of key back-pain-preventing muscles such as your abdominals, low back, and pelvic floor. Why does that last one matter? A healthy pelvic floor supports your bladder, prostate gland and bowels; prevents/reduces incontinence; and enhances intimate relationships. All good news for the women in your life.

**It improves your reach:** Due to hormonal and structural differences, men tend to be stronger but less flexible than women. Pilates is great for boosting balance and flexibility. Especially as you age, improving your ability to reach, rotate, swing and stretch can improve your golf game (boosting your drive by many yards!), your tennis game, your ability to shoulder-check to ensure safe driving, and your comfort when reaching down to tie your shoes.

**It enhances your gym routine:** Pilates works small muscle groups that are often neglected, even in well-rounded weight room plans. By training stabilizing muscles around your shoulders and hips, Pilates can help you safely lift heavier loads. It also reduces joint and shoulder pain and keeps you strong for sport.

**It helps you stand taller:** So often men live their lives in a “hunched-forward” position—think of the rounded shoulders you probably adopt when watching the telly, working at a desk, hammering on a DIY project, driving or eating. Slumping forward compresses your internal organs and strongly contributes to back, neck and shoulder pain. Pilates helps you relearn positive posture and movement patterns to keep you looking and feeling as young and vital as possible.

**It's amazing for low back pain:** Many men come to Pilates to help their aching backs. That's because Pilates can easily and comfortably accommodate various back and joint problems, while still delivering fitness results. In fact, it was originally conceived as a rehabilitation practice, and, unlike a regular gym routine, Pilates enhances your mind-body connection and focus, which increases the likelihood of getting you out of pain—and keeping you there.

These are just a few of the reason why Pilates is perfect for men who want to move more easily, enhance their intimate relationships, improve their sports performance, or just feel years younger. No wonder more and more men are showing an increasing interest and taking up Pilates.