

PILATES AND PREGNANCY

ABOUT VV / PILATES

VV / PILATES HELPS INDIVIDUALS ATTAIN THEIR FITNESS GOALS THROUGH PRIVATE AND SEMI-PRIVATE PILATES INSTRUCTION. OWNER AND INSTRUCTOR VIVIANE VERAGUTH WORKS WITH ALL AGES AND ABILITY LEVELS, INCLUDING PRE- AND POST-NATAL WOMEN, CREATING CUSTOMIZED PROGRAMS THAT INCREASE STRENGTH, CREATE LONGER, LEANER MUSCLES, AND ENHANCE ENERGY, BALANCE AND WELL-BEING. WHETHER YOUR AIM IS RESTORATION AND REHABILITATION OR IMPROVED ATHLETICISM, VV / PILATES PROVIDES A CHALLENGING, EFFECTIVE AND SAFE WORKOUT.

FOR MORE INFORMATION OR TO SCHEDULE A SESSION:

PLEASE CALL 206.790.8363, EMAIL VIVIANE@VVPILATES.COM OR GO TO WWW.VVPILATES.COM.

WHAT IS PILATES?

Developed by Joseph Pilates more than 80 years ago, Pilates is an exercise system that strengthens muscles, increases flexibility and improves overall health. For many years, Pilates remained a well-kept secret in the world of dance and the performing arts. Recently however, Pilates has emerged at the forefront of fitness training due to a growing interest in mind-body exercise and well-being. Paying attention to the breath, proper form and efficient movement patterns, Pilates strengthens the core, improves balance, increases coordination and decreases stress.

WHAT ARE THE BENEFITS OF PILATES?

- Longer, leaner muscles with less bulk
- Improved balance and coordination
- Injury prevention and back pain reduction
- Relief of tension and stress
- Heightened mind-body awareness
- Effective exercise for pre- and post-natal women
- Highly customizable to suit a range of fitness levels

WHAT IS STOTT PILATES?

STOTT PILATES incorporates modern exercise principles, including contemporary thinking about spinal rehabilitation and athletic performance enhancement. As opposed to some exercise methods that promote a flat back, STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints, placing emphasis on scapular stabilization.

WHAT ARE THE PRINCIPLES OF STOTT PILATES?

STOTT PILATES improves core strength, balance and coordination. The Five Basic Principles focus on:

- Breathing
- Pelvic Placement
- Rib Cage Placement
- Scapular Movement + Stabilization
- Head + Cervical Placement

WHAT MAKES PILATES UNIQUE:

Pilates is designed to restore the natural curves of the spine and to rebalance the muscles around the joints, placing emphasis on scapular stabilization. The focus of Pilates is on strengthening the core muscles, which builds overall strength, increases spinal and pelvic stability and improves balance and coordination. Pilates also effectively decreases back pain and other chronic joint or muscle issues. From athletes to seniors, elite fitness training to rehabilitation, Pilates is a safe and effective workout.

WHAT ARE THE BENEFITS OF PILATES DURING AND AFTER PREGNANCY?

- Enhanced muscle tone and increased core strength
- Stronger pelvic floor muscles for better labor
- Reduced stress and increased energy level for mom and baby
- Healthy weight maintenance
- Back pain reduction

PILATES AND PREGNANCY:

When you're exercising and caring for two, Pilates is a great way to make sure you and your baby are healthy and strong. Before, during and after pregnancy, Pilates helps develop physical strength and boosts your energy level, supporting you and your baby's wellbeing.

Pilates is a safe form of exercise during a normal, healthy pregnancy. Since pregnancy and motherhood is a different experience for every woman, Pilates is ideal because workouts can be adapted for the individual at all pre- and post-natal stages.

By strengthening the stomach, back and pelvic floor muscles, Pilates alleviates back strain and provides vital support as the belly expands. Developing the pelvic floor muscles contributes to a supported, comfortable pregnancy and facilitates better labor. Pilates can also ease the recovery after pregnancy and prepare a woman's body for the demands of motherhood.

It is advisable to start a Pilates program prior to becoming pregnant. This will allow you to form a relationship with an instructor who understands your body's unique needs. As with every exercise, clients should consult their physician prior to continuing their Pilates routine while pregnant.