

QUESTIONS AND ANSWERS ABOUT PILATES

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.

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

IS PILATES LIKE YOGA?

Both Yoga and Pilates encourage the mind-body connection and incorporate deep breathing and smooth, long movements. They also both rely heavily on using your own body weight to gain strength and balance, though Pilates incorporates resistance equipment as well when appropriate. While they offer many similar benefits, Yoga and Pilates differ in their pace and focus. Pilates flows through a series of dynamic exercises that are anatomically based and emphasize conscious muscle control and precise movements. Overall, Pilates is an effective conditioning program that enhances deep core strength, coordination and muscle control. From the strong core developed in Pilates, posture, agility and overall fitness are also improved. Many people find that Yoga and Pilates are complementary workouts and choose to do both.

WHAT ARE THE DIFFERENCES BETWEEN A MAT WORKOUT AND A REFORMER WORKOUT?

Mat-based workouts are very convenient and can be done anywhere. In mat work, the main resistance is the weight of the body against gravity. Adding light equipment and the larger resistance equipment, such as the Pilates reformer, will place more emphasis on the outer limbs and add variety and intensity to any Pilates program. On the reformer, the varied weight of several springs helps mitigate the effects of gravity. The springs can be used to increase or decrease the challenge of work or even to work a completely different set of muscles.

WHAT KIND OF RESULTS CAN BE EXPECTED WHEN PRACTICING PILATES?

Pilates is designed to restore the natural curves of the spine and to rebalance the muscles around the joints, placing emphasis on scapular stabilization. By strengthening the core muscles, the pelvis and spine are also stabilized, leading to improved balance and coordination. As a low-impact exercise with rehabilitative qualities, Pilates also effectively decreases back pain and other chronic joint or muscle issues. Its customizable nature makes it suitable for therapeutic needs as well as elite athletic fitness training. Pilates does not cause big, bulky muscles, but develops a long, lean and toned figure. Other results include improved posture, increased strength, improved circulation and a balanced physical and mental sense of well-being.

WHEN WILL RESULTS BE NOTICEABLE?

The average active person doing 2-3 classes per week should see and feel some results within 10-12 classes. Each individual's results will also be impacted by the frequency of sessions per week, the individual's level of physical activity outside of class and any pre-existing injuries.

IS PILATES EFFECTIVE FOR WEIGHT LOSS?

Pilates is a positive, effective addition to an overall weight loss program. The most successful and healthy way to achieve weight loss is through an exercise plan that combines an aerobic component with strength training and a balanced diet. Pilates burns calories and increases muscle definition through strengthening, though it is not considered an aerobic exercise. Clients will notice postural improvements and increased muscle tone, resulting in a leaner, more sculpted and healthy figure.

IS PILATES SAFE DURING AND AFTER PREGNANCY?

Pilates is a safe and effective way to support the body during pregnancy, prepare it for labor and promote strength, vitality and fitness after pregnancy. The adaptable nature of Pilates also makes it well-suited for pre- and post-natal women as the program can be continually modified to meet the body's changing needs.

WHAT IS THE APPROPRIATE ATTIRE FOR A PILATES SESSION?

It is recommended to wear something non-restricting and comfortable to a Pilates session. Whether on the mat or using the reformer, a Pilates workout involves moving in all directions and using all major muscle groups. No shoes are needed during a Pilates workout, and socks are optional depending on what is most comfortable.

IS IT OK TO EAT BEFORE A PILATES WORKOUT?

It is not recommended to eat a large meal before a Pilates workout. Because Pilates focuses on the core, eating too much prior to a session may cause discomfort or limit the ability to engage the abdominal muscles. Of course, every individual is different and everyone is encouraged to find the balance that works with their own body.

FOR MORE INFORMATION OR TO SCHEDULE A SESSION:

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