

# Pilates Perfect For Any Age!

Why not try the low impact exercise that everyone's talking about – it suits all abilities!

## What Is Pilates?

"Pilates is fantastic exercise," says Liz Chandler, a Pilates teacher and studio owner at Pure Moves ([www.puremoves.com/](http://www.puremoves.com/)) in Frome. Liz has created beginner and intermediate Pilates DVDs especially for the over 50s (see offer, right). "It's low impact and helps to both stretch and strengthen you uniformly, balancing muscular development and bringing the body back to ideal alignment. Pilates also really helps to improve balance."

Liz explains that the focus on alignment, breath and core strength activation means that Pilates principals can be applied to any kind of exercise.



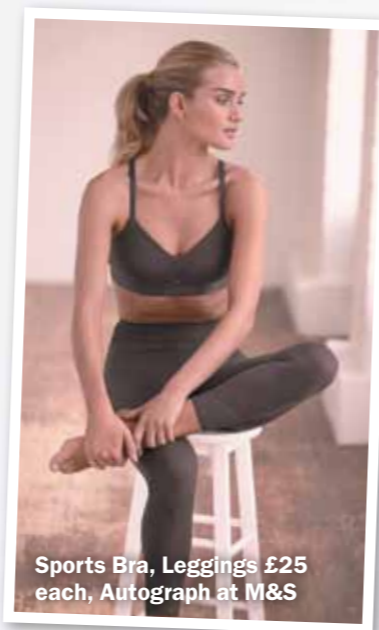
Stretch your way to fitness

## What To Wear?

"Wear something that shows the body's form and that's comfortable," says Liz. "Choose leggings or tighter jogging bottoms and a fitted top rather than a big baggy T-shirt."

There is no need to be self-conscious. This is just so your instructor can advise you on alignment. Longer length tops mean you are less likely to need to adjust clothing which has been riding up as you stretch and move. Layers can be great for adding or taking off as needed.

While usually done in bare feet, some people like special Pilates socks although these are not essential. The most important thing is that you feel comfortable and able to move freely.



Sports Bra, Leggings £25 each, Autograph at M&S

## Pilates For Every Shape

"Size doesn't matter," says Liz. "There are clients and teachers of all sizes. Some teachers have osteoporosis or scoliosis. We work with amputees, people who've broken their spine and with all sorts of conditions."

Liz has worked with Bath Rugby premier league, circus performers, professional dancers, and has clients in their 50s, 60s, 70s and even in their 80s. While there are no contraindications for Pilates, you do need a properly qualified teacher if you have a specific condition as many of these will have done additional training, for example, in working with people with osteoporosis.



Don't let health issues put you off

## Benefits

"Pilates has wellbeing benefits. The biggest are that it helps to improve alignment of the joints, limiting wear and tear and muscular strain, it improves respiration, core and pelvic floor strength and can improve bone density," says Liz.

"While lots of people know about how it helps with core strength, it also improves strength in all the stabilising muscles of the shoulders, knees and hips. This significantly helps to prevent and recover from injury." Often, twinges are signs of misalignment so, rather than ignoring them, seeing a good Pilates instructor can help you not only heal the twinge but to carry yourself in a healthier way, reducing the wear and tear joints being in the wrong position can cause.



## Pilates History

Having come to the UK from Germany to teach self-

defence to Scotland Yard detectives, Joseph Pilates while interned as an "enemy alien" during WWI. Equipment instructors use today is based on contraptions he improvised to help bedridden internees. From an early age, Joseph had studied balancing body, mind and spirit in order to help his asthma and other ailments. By young adulthood, he was skiing, diving, boxing and doing gymnastics.

It is said that the people he trained didn't die in the 1918 flu epidemic. After his release, he returned to Germany and the dance community helped promote Pilates.



Dating back to the war years



**20% Off**  
Get Liz's Pilates over 50s DVDs: [www.realpeoplepilates.co.uk/](http://www.realpeoplepilates.co.uk/)  
Use Pilates20 coupon code – £9.60.

