

BEGINNERS GUIDE TO

Pilates

At Scarborough Physio

Our Top 10 Tips to get you started





Getting Started

WHAT YOU NEED

1. WHAT TO WEAR

Wear comfortable clothing that you can stretch and move in. Most people wear gym pants and a t-shirt/top. Some people wear grippy socks, but you can go barefoot as well. Just don't wear loose shorts or a skirt as we are often on the floor stretching and moving in close proximity to other people

3. LISTEN

Listen to your instructor, that's what they're there for. Because the movements in Pilates can be so precise, your instructor will tell you how to set your body up correctly, so that your able to engage the correct muscles for that exercise. There can be so much to think about, especially if you've only done Pilates a couple of times.

2. COMMUNICATE

Talk to your pilates instructor about any injuries, illnesses, sore spots or pregnancies; even if you don't think its relevant. Some of this information will help the instructor to guide you, they will check your form, and can give you some alternate exercises depending on the injury. This way, you can enjoy the class, but not push yourself too far and your body will respond in a positive way.

"Pilates helps your flexibility & core strength"



4. BREATHE

"Breathe in through the nose, air into the ribs, not the belly. And breathe out through the mouth."

As a general rule, in Pilates we inhale on the easy part of the exercise, then exhale on the harder part (usually as we move against gravity).

Breathing in this particular way, keeps the core and correct muscles engaged, and takes pressure off our spine and pelvic floor.

"Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from."

6. CONCENTRATE

In Pilates, there's so much to think about; the spinal position, t-zone, when to move what body part, where you should be feeling it, oh, and don't forget to breathe too. So, take your time. Pilates isn't just about going through the movements. It's a chance to get connected to your body and how it moves. And by making this mind body connection, Pilates will not only get you physically stronger and stretched, but you'll also feel mentally clearer and re-energised.

5. SLOW DOWN

In Pilates we really do embrace that the slower we move the harder we work (and that's exactly what we want, isn't it). It might be tempting to pump out a quick 20 reps, especially if you're a fast paced person, but by moving slow and controlled we not only work the large muscles groups, but also strengthen the smaller stabilizing muscles, that keep our body moving freely and effectively.

By slowing the movement down, we're able to add extra resistance (provided by gravity) to make our workout harder and we're also less likely to have jerky movements, which could lead to injury.

PILATES

is my happy hour

Love your body

7. ROUTINE

Like anything, the more you do it the easier it's going to be, and the quicker you'll get results. Without that strong core, we're more likely to get more niggles and pains around the body (knee pain, shoulder pain, hip pain etc). Pilates gives the body the tools it needs to build a strong foundation for our entire body to move, pain free. So what's a quick Pilates session everyday so you can live life to the fullest?!

9. TAKE CARE

Being sore after a workout is a very individual thing, and depends on your fitness, what injuries you have, & how much you're connecting to your body, and making every movement count; not just going through the movements.

There is that good pain, the working of the muscle working & being fatigued, but then there can be that bad soreness in the neck, the back & joints that you don't want. You should never feel any pain in these areas. The next day or two after your class you may or may not feel a little bit tender in your muscles. It's always a good idea to get the body moving gently, by walking, riding, stretching or another pilates session.

8. BE KIND TO YOURSELF

Be kind to yourself, and don't take yourself too seriously.

Fun Fit Pilates with Sarah Jane is all about having fun, whilst getting fit. Whether you're brand new to pilates or you've been doing it for a while, we're all at different stages, all at different fitness levels, with different injuries. Your pilates class is YOUR time to focus on YOU and what your wanting to get out of it.

10. YOUR ATTITUDE

A healthy, positive attitude is the most important part of coming to Pilates. We are here to have fun, share some laughs and develop friendships. Coming in to the session each day with a smile on your face makes a difference to yourself and the other people in the class.