

BODY reFORM

Pilates Studio

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FREQUENTLY ASKED QUESTIONS

- **What is Pilates?**

Pilates (Puh-lah-teez) was developed in the early 1900s by Joseph Pilates. Joseph Pilates had a history of medical problems, and from his early experiences, he felt that a gentle yet effective system of non-impact exercise was necessary. Pilates was originally designed as a means of physical rehabilitation. It helps to create a fit, strong, flexible body without creating bulky muscles. Pilates named his exercise method Contrology and only after he died was it named Pilates. The very first Pilates studio was opened in 1923, in Manhattan, New York.

- **What is the difference between Pilates and Yoga?**

Yoga originated in ancient India as a means of preparing the body for meditation. Hatha Yoga (the yoga of movement) increases strength and flexibility while also bringing about peace of mind. Yoga is a mind/body exercise. While Pilates also requires concentration and a mind/body connection, its roots are based on physical fitness. The focus of Yoga is a state of mind whereas the focus of Pilates is developing a strong and supple body.

- **What is Stott Pilates?**

The Pilates instructors at BODY reFORM are certified in the Stott Pilates method. This method is a contemporary, anatomically-based approach to Joseph Pilates' original exercises. It was developed by former professional dancer, Moira Stott Merrithew, with input from sports medicine professionals and includes contemporary thinking about spinal rehabilitation and performance enhancement. This method of exercise safely delivers optimal strength, flexibility and endurance without adding bulk and is designed to restore the natural curves of the spine and rebalance the muscles around the joints.

- **Is Pilates difficult?**

For most beginners, Pilates is challenging. All movements in Pilates originate from the **core**, the muscles of the abdomen, buttocks, pelvic floor, back and inner thighs. As this area becomes stronger, the movements of Pilates are more easily performed. Pilates is meant to be challenging, even for those who do it often. As strength builds, the movements are done with greater precision and speed.

- **What are the benefits of Pilates?**

A regular practice of Pilates builds a strong, lean and flexible body. Those who practice Pilates tend to develop better posture, a greater body awareness and general ease of movement. Once a student progresses to the advanced moves, the workout may offer cardiovascular benefits.

- **Does Pilates really help with weight loss?**

Because Pilates builds muscle tone, it will ultimately help you to burn more calories in general. It also creates a lean look to the body as it tones without adding bulk. When trying to lose weight, it is a good idea to combine Pilates with cardiovascular exercise and a sensible eating plan.

- **I have a specific health condition. Will Pilates help me?**

We recommend that you consult your health care practitioner to learn as much as you can about your condition. For specific considerations, it is best to consult one of our instructors and attend private sessions.

- **Can pregnant women do Pilates?**

Pregnant women can do a modified version of most Pilates exercises. Our studio is now offering a class tailored specially for the pregnant woman up to her 26th week. However, each woman and each pregnancy will be different and your healthcare practitioner will need to provide the instructor with a note stating that you are able to participate in this class. Even for clients previously doing Pilates moves, pregnancy will pose unique changes and challenges to the body. The Studio also offers private mat and equipment sessions which would be an excellent way to obtain the individualized attention you will need when trying to do Pilates exercises during pregnancy. Private sessions will be subject to specific instructor availability.

- **What equipment is needed to do Pilates?**

For mat classes, all that is needed is a mat. Our Studio provides mats and other props that may be used. These props include fitness circles, flex bands, stability balls, arc barrels and spine supporters. These props are used by all levels of Pilates students. There are also a number of Pilates machines used in private sessions. These machines include the reformer, stability chair, spine corrector and the rehab reformer. Pilates equipment is used in the private sessions. Using the reformer and chair add resistance to the movements and helps to encourage proper alignment.

