

# ***PILATES 101:***

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Find a style of PILATES that suits your Personal Needs & Goals

Start with MAT work then try APPARATUS work once you have mastered the basics

Schedule PILATES sessions into your weekly schedule and make them a priority like any other appointment.

Results to look for:

- Increased Flexibility
- Improved Posture
- Enhanced Muscle Tone
- Improved Joint Mobility and more...

Purchase your own Equipment to ensure cleanliness and personal needs:

- Exercise/Yoga Mat
- Pilates Ball
- Physioball
- Apparatus (Reformer, Ring...)

Practice Space:

- Home (Video/Virtual/Book)
- Studio
- Gym

CrossTrain:

- Be sure to add other types of activities to complement your wellness program
  - Cardiovascular Activity
  - Interval Training
  - Weight/Resistance Training

Always consult with your MD before you begin any exercise program and seek medical advice if you are having any health issues which may be made worse by starting a new fitness program.