

The benefits of Pilates

JANE-ELIZABETH WALTERS

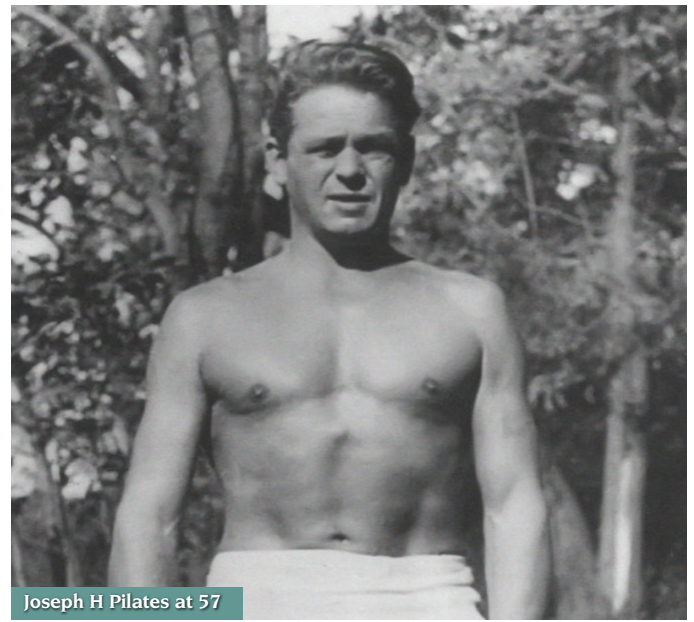
Around 80% of adults suffer from back pain at some point in their lifetimes and an estimated 2.5 million people experience back pain every day in the UK.

Some of the most common causes of back pain include lifting heavy objects, exercising incorrectly, twisting, moving and sleeping awkwardly through to conditions such as Arthritis, Osteoporosis, Fibromyalgia and even stress.

Pilates is one of the best forms of exercise to help those

experiencing anything from the odd niggle to frequently daily aches and pains. Pilates is more famously known for its emphasis on strengthening the core (the centre of the body from which all movement stems). It's many benefits include improving posture, decreasing muscle and joint pain, improving flexibility, increasing energy and decreasing stress.

Pilates was invented by Joseph Pilates and was originally called 'Contrology'. The German part time boxer was living in England when World War I broke out and he was sent to an internment camp on the Isle of Wight.



Joseph H Pilates at 57



(Photo: Eon Walters)

Tens of thousands of suspected enemy aliens were there during the war. Most of the people interned there were starving and looked in very ill health. Joseph Pilates organised the prisoners to do exercises; there are one or two surviving photos of them doing exercise out in the yard. Joseph also used hospital bedsprings to make resistance rods to improve their strength, muscle control and for stretching.

When the flu epidemic of 1918 broke out, none of the men who did Joseph's training died of the flu. He was very proud of this fact and decades later still told the story about the camp.

Now most Covid restrictions have been lifted (even though it's

still important to be careful) it's so lovely to see each other in person. Zoom has been amazing, but nothing beats getting together in person. That's why we are all so happy to be back to Pilates classes in the Friends Meeting House.

We are very lucky to have the Friends Meeting House; the classes here are so peaceful in this lovely building. We are all hoping that for our new term of classes in September that some more people, past attendees or new ones will come and join us. I for one am determined to do my bit to help more local people to move better and feel better.

For more info on Pilates classes you can contact me on 07770 576162.

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