

## Pilates and Posture

We all know correct posture is important, but do know what correct posture involves? Sedentary lifestyle and daily activities that involve forward flexion posture (such as sitting in front of a computer) causes rounded shoulders and tightness in neck and back over time. This often leads to neck and back pain. In Pilates, we teach you how to activate and strengthen your deep core and lower back muscles to create proper alignment and better posture.

**To activate your core muscles try the following description from our Senior Pilates Physiotherapist Insun Lee:**

“Imagine someone is pulling upwards through the crown of your head, and then gently draw the shoulder blades down towards your hips. Engage your lower abdominals (core muscles). At the same time draw up the pelvic floor muscles and gently draw your navel towards spine. Count your breaths or seconds to see how long you can hold the contractions.”

“You also need to include the back extension exercises when you are doing core exercises or gym training. Remember you always have to engage your deep core muscles during the exercises to protect your back.”

Specialist Physiotherapist Pilates has proven to be extremely popular at Bodysmart Health Centre. The program is focused on building core abdominal strength, improving posture and flexibility - especially for those looking to prevent or effectively manage back, neck or shoulder pain.

Classes are run in groups of 5-7 to allow maximum "hands on" attention to each participant. This allows the Physiotherapist to correct your technique and ensure exercises are performed correctly.

### **2 FREE PILATES SESSIONS!**

We have a great deal for the month of October! We are





introducing Pilates Double sessions (i.e. 2 sessions per week). The New 6 week Beginners Double Classes are starting soon on Tuesday and Friday morning at 7:30am. Fees for the 12 session course is \$250.00 (normally \$300.00, i.e. buy 10 get 2 free) which equates to \$20.83 per class and you can still get your health rebate (if applicable).

Do not miss this opportunity to experience Pilates and sculpt your body for summer! Please email [insun@bodysmart.com.au](mailto:insun@bodysmart.com.au) or contact the clinic on 9481 8708 for further enquiries.

If you would like to be on our Pilates mailing list please email [reception@bodysmart.com.au](mailto:reception@bodysmart.com.au)

