

EVERYTHING YOU WANTED TO KNOW ABOUT THE STOTT PILATES® METHOD

# FAQ

## STOTT PILATES Offers the Skinny on the Hottest Method of Mind-Body Exercise.

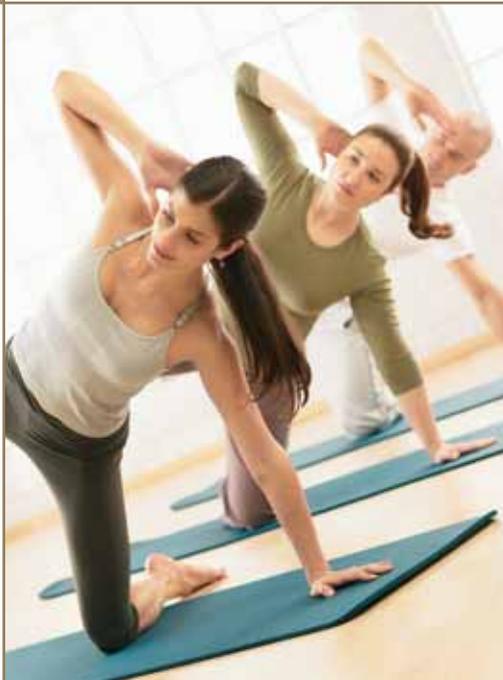
STOTT PILATES exercise is ideal for everyone from young adults and aging baby boomers, to post-rehab patients and elite athletes.



### What is pilates?

Pilates, pioneered by the late Joseph Pilates, is a mind-body exercise system to strengthen the weak and challenge the strong. Pilates (1880-1967) was a German expatriate who first made his mark in England during WWI (World War 1) when he developed a series of exercises and innovative equipment to help prisoners of war regain strength and mobility. Exercises can be performed on a mat or specialized equipment.

When Joseph Pilates immigrated to New York, the professional dance community there discovered his conditioning techniques could help prevent injury and improve strength while maintaining long, even muscle tone. Martha Graham and George Balanchine were both students of his, and two of the first celebrities to benefit from doing pilates.



### Why is pilates the fastest-growing method of exercise?

People are becoming increasingly more interested in fitness modalities that help relieve stress. They're also much more interested in prevention and taking care of their bodies. They want to stay fit and look good for as long as possible.

Pilates is complementary to many ways of working out. It's excellent for an aging population. Its mind-body aspect is even said to be useful in preventing stress-related illnesses, like heart disease.

### Can pilates help me lose weight?

Pilates can be a positive addition to your overall weight loss program. Weight loss occurs when the number of calories consumed is less than the number of calories expended. The most successful and healthy way to achieve weight loss is an exercise plan that includes an aerobic component coupled with a strength training component, such as STOTT PILATES exercise, and following a balanced diet. Combining pilates with aerobic exercise also offers additional benefits: greater mind-body connection, improved posture, flexibility and functionality.



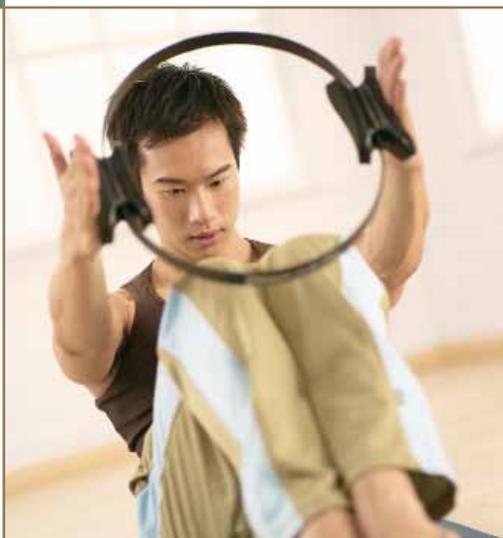
### What does pilates do for the body?

STOTT PILATES exercise will help you develop optimal strength, flexibility, endurance and posture, without building bulk or stressing your joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation, STOTT PILATES exercises will leave you looking toned, feeling revitalized and moving with ease.

### What is STOTT PILATES?

Developed by professionals for professionals, the STOTT PILATES method is an anatomically-based approach to the original exercise method. It is a progression in pilates that incorporates modern exercise science and rehabilitation principles, eliminates contraindicated movements and emphasizes neutral alignment, core stability and peripheral mobility.

The STOTT PILATES repertoire consists of more than 500 systematic, mind-body exercises that can be performed on a mat or on specialized equipment pieces.



Pilates will help strengthen, build and tone muscle mass. "Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate or BMR). As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight."

– American Council on Exercise  
[[www.acefitness.org](http://www.acefitness.org)] 2006

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## Why do so many celebrities do pilates?

Many celebrities choose pilates because not only does it improve their physical appearance, it also helps with their stamina, stress relief and focus. Pilates is invigorating and helps people feel de-stressed. For celebrities, on whom the outer world places a spotlight, pilates allows them to "get away from it all" by internalizing and connecting the mind to the body.

Karen Kain, former principal dancer with the National Ballet of Canada, was one of STOTT PILATES co-founder Moira Merrithew's first clients.



There is a STOTT PILATES video for every piece of equipment and skill level

## Can pilates be aerobic?

To achieve an aerobic or cardiovascular benefit you have to sustain a duration of 15-60 minutes of continuous exercise (e.g. run, swim, bike). A typical pilates class does not challenge the cardiovascular system enough to elevate the heart rate to the prescribed level.

The muscle toning and strengthening benefits of pilates are the perfect complement to such fat-burning activities as power walking, swimming or cycling.

Essentially, the body awareness and improved self-image you'll gain with pilates will probably do more to help you win the battle of the bulge than crash dieting and obsessive exercising will.

## Who benefits from pilates? Can everyone do it?

No form of exercise is appropriate for everyone, but STOTT PILATES exercise is appropriate for most people. As with any exercise method, you should always consult with a medical expert before beginning an exercise regime. A modified program may be recommended if you have any physical limitations.

## Is it true that a lot of athletes do pilates?

Despite its slow, careful movements, pilates is not for wimps! Pro athletes like Eddie Belfour and Martina Navratilova benefit from using STOTT PILATES equipment and instruction. The STOTT PILATES method places importance on core stability and rebalancing the muscles making them work more efficiently. This helps prevent injury and improves athletic ability.



"Within the first week I could see a difference," says Ms. Kain, "not only in my strength and flexibility, but in how much better my back felt."

Sharon Stone credits pilates with her return to health. Working out on a STOTT PILATES reformer while filming in Ontario, she described pilates as "a centered, healthful, strengthening and balanced workout."

## What are the benefits?

When taught effectively the STOTT PILATES method:

- Builds core strength and stability
- Improves posture and alignment
- Increases flexibility
- Improves muscular balance and strength
- Increases endurance and muscular tone
- Prevents injury
- Enhances athletic performance
- Relieves stress and back pain
- Improves balance and coordination
- Heightens body awareness

## Can I benefit from practicing pilates at home?

For a long time, pilates was taught one-on-one, almost exclusively. Today the options are greater: you can work with a personal trainer, attend group classes or even work out at home with videos.

STOTT PILATES has the world's largest library of pilates home exercise videos, with more than 70 titles in its *At Home* and *Professional* series. The collection offers workout options for every skill level and ability, from beginners to fitness instructors. Look for our complete line of videos and DVDs at major retailers across North America or order online at [www.stottpilates.com](http://www.stottpilates.com).



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