

Is Pilates for older adults? YES!

Keeping fit and active is essential at all ages. For the older population it is just as essential if not more. But not all forms of exercise suits everyone as we age. For older bodies, exercise needs to be modified to suit changing bodies and abilities.

Pilates is a wonderful form of exercise for the older population as its risk of injury is minimal unlike many other weight-bearing exercises.

What Pilates Patio has to offer for older adults:

- Controlled breathing, quality of movement rather than quantity.
- Low impact.
- Reformer provides resistance training.
- Strengthening of muscles around joints without putting unnecessary pressure on joints.
- Reformer resistance can be adjusted to quite light and manageable if needed.
- Stability and efficiency of movement are first and foremost.
- Strengthening of deeper smaller muscles.
- "core" strengthening (abdominal, pelvic floor muscles)
- Many exercises are done lying prone, supping or sitting.
- Emphasis on stability improves balance, functional movements, posture.
- Increases flexibility
- Great for rehabilitation (e.g. knees, hip, etc.)

AGE RELATED AILMENTS PILATES CAN HELP WITH:

ARTHRITIS sufferers: benefits from Pilates because the gentle mid-range movements decrease the chance of joints compressing while maintaining the range of motion around them.

OSTEOPOROSIS sufferers: simple standing Pilates leg exercises may increase bone density in both the spine and hip. (flexion exercises are not recommended for osteoporosis sufferers.)

LUMBAR STENOSIS: exercises that can stretch out the back muscles and strengthen the extensor muscles of the spine to counteract the forces of gravity that can pull people into that hunched position. (extensions may cause injury in some with stenosis..)

PARKINSON'S and **MULTIPLE SCLEROSIS:** Pilates has been documented to slow or reverse the effects of these diseases. It can even help with brain traumas like a stroke. The sooner people with brain damage or stroke can start balance exercises with Pilates and get their bodies moving symmetrically the better their recovery overall

To find out more what Pilates and Pilates Patio has to offer you, please contact us at 613-422-3638 or lani@pilatespatio.com



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