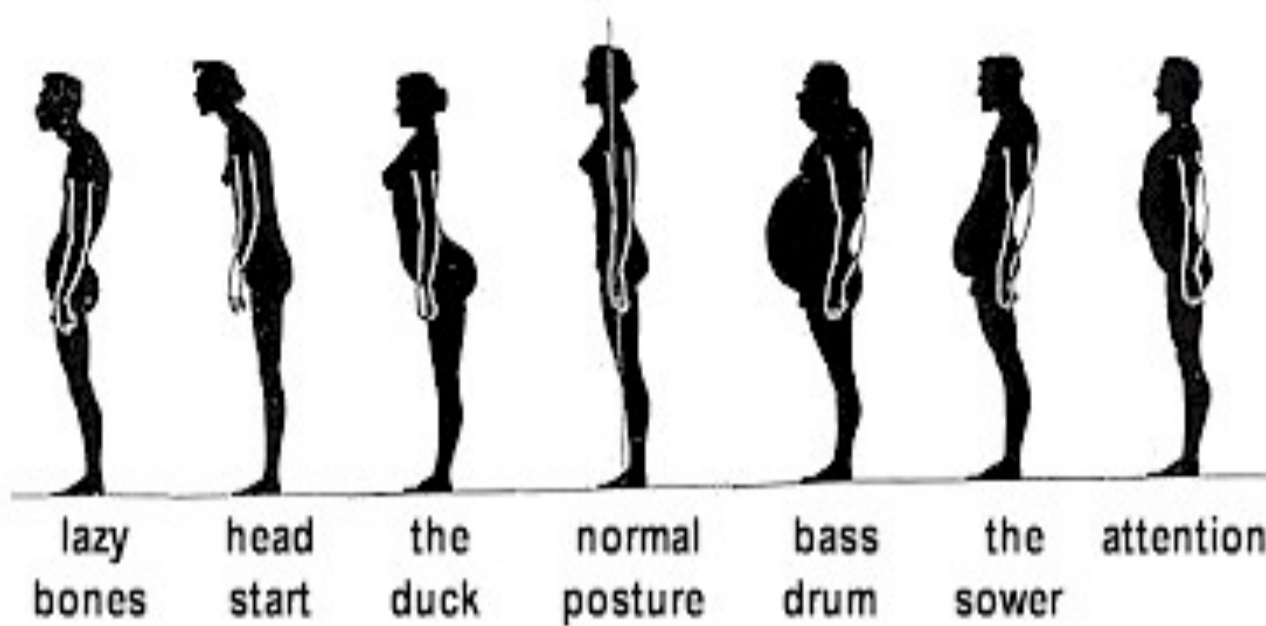


## HOW CAN PILATES HELP YOUR POSTURE?

Do you know your posture type?

- Were you constantly told to sit up straight?
- Were you ever called a lazy bones?
- Do you see people out there who look like they're in the military?
- Maybe you know people who look a little like a bass drum but are too polite to say anything.



There are as many posture types as there are people. Our life and lifestyle have a big influence on our posture.

- If we sit at a desk all day, it will affect our posture.
- New parents holding a baby on one hip all day will take a toll on the body's posture altering it over time.
- The kind of work or activities we engage in regularly will affect how we carry ourselves.
- How we look and feel about what we see in the mirror has a lot to do with our posture.

Posture can be altered by strengthening and/or lengthening muscles. Regardless of what city we're in, what job we're doing or where we're coming from or going to, we live in the same place 24/7. We live in our bodies.

When your house has a leak in the roof, you fix it. If the window is broken, you fix it. If your body doesn't feel as comfortable to live in, fix it.

1. Start with something as simple as looking in the mirror and deciding if you're happy with your posture.
2. Once you've decided what you do and don't like about your posture, figure out how to fix it. That's the hard part. It's not as clear what you're looking for to help with fixing your posture. What do you do or who do you go to when you look like "the sower"?
3. A knowledgeable Pilates instructor will be able to not only help you but also give you some tools so that you can help yourself when you start falling back into "the sower" posture.
4. With Pilates you are learning and doing exercises with your body which your muscles will remember over time.

A lot of improvements can be made by working the upper and lower back region resulting in a more upright, erect posture thus giving the illusion of more height. You along with your Pilates instructor can identify what areas need strengthening and stretching to help improve your posture. Perhaps all that's needed is some strengthening of your hamstrings and stretching or lengthening of your hip flexors.

As with any part of your house upkeep needs to be done continually. With your body, it's no different. To maintain a particular posture, continuous care of your frame and upkeep of muscles tone, strength and flexibility are required to live comfortably in your body.

One of the fundamental principles of Pilates is posture. Proper posture and form both statically and dynamically are important in Pilates. This means working on deeper, smaller muscles to help stabilize the body and joints. A program combining both matwork and reformer work for both static and dynamic stability, respectively, is a great way to improve your posture.

To find out more how Pilates and Pilates Patio can help you improve your posture and meet your postural needs, please contact us at 613-422-3638 or [lanipilatespatio.com](mailto:lanipilatespatio.com)



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