

HOW CAN PILATES WITH YOUR WALKING?

A little bit of strength training for anyone can be beneficial. For anyone who is running or walking regularly, strength training and muscle toning can help prevent injuries, increase your movement efficiency and overall enjoyment of your sport. Strength training can help your body withstand the impact of the forces of running on hard surfaces. Most runners and walkers enjoy being outdoors and the feeling of moving. In comparison, strength training can seem quite stationary and 'slow'. Starting with a few exercises on your own at home or even a class once a week can be helpful.

Form is big part in working the intended muscles and correctly. Runners and walkers are prone to overuse injuries as they are performing the same movement repeatedly. Strength training and muscle toning is more than just increasing muscle size and strength. It's also about evening out muscle imbalances. Muscle imbalances are also a contributing factor to injuries. Warming up muscles before starting your run or walk will allow muscles to work more efficiently.

FOR WALKERS, SOME GOALS ARE:

Goal: Strengthen lower body, in particular the front and back of the thighs (quadriceps and hamstrings) to decrease strain on the ankles, knees and hips.

Exercises: Pilates on the reformer is great for this. There are many exercises on the reformer that target the muscles in the legs, quadriceps, hamstrings, abductors and adductors, as well as the internal and external rotators. Strengthening the deeper, smaller muscles that are closer to the bones will help increase stability. An added benefit to working on the reformer is that it is dynamic. This movement creates instability with forces stabilizers, in particular the 'core' region to kick in.



Goal: Increase core strength. When people get tired or have a weak 'core' they tend to collapse forward, head goes forward, shoulders roll forward and spine flexes - overall poor posture occurs. This can create lower back pain and lead to inefficient breathing.

Double leg stretch on the foam roller. Using the foam roller as a prop during matwork helps work on core stability, balance and

Exercises: Posture and alignment are a large part of the focus in Pilates. Increasing core strength is to enable better posture and alignment. For all exercises in Pilates, what is first and foremost is posture. While it takes time to achieve the posture you may want, and in some cases it may never happen, improvements will be seen slowly and it all starts with increasing 'core' strength. This is increased strength and stability in the pelvic region, abdominals as well as the back and along the spine. With improved posture lower back pain decreases and breathing becomes more efficient. Exercises both on the mat and reformer are great ways to work on 'core' strength, both where the 'core' muscles are working as stabilizers or as the primary mover.

To find out more how Pilates and Pilates Patio can help you make your walking experience more efficient and enjoyable, please contact us at 613-422-3638 or lanipilatespatio.com



Jumpboard. Good way to work, quadriceps, abdominals and get some plyometric work



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