

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 prenatal clients, 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 when he developed a series of exercises and innovative equipment to help prisoners of war regain strength and mobility.

When Joseph Pilates immigrated to New York, the local professional dance community discovered that his conditioning techniques helped prevent injury and improve strength while maintaining long, even muscle tone. This sparked a vast following of the method of exercise. Professional dancer Martha Graham and world-renowned choreographer 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 traditional ways of working out. It's excellent for all ages, fitness levels and goals. 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 successful weight loss is an exercise plan that includes an aerobic component coupled with a strength training component. The STOTT PILATES method of exercise alongside a balanced diet does just this. Combining Pilates with aerobic exercise also offers additional benefits such as: greater mind-body connection, improved posture, flexibility, and functionality.

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



### What does Pilates do for the body?

STOTT PILATES exercises help both men and women develop optimal strength, flexibility, endurance and posture, without building bulk or stressing joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation, STOTT PILATES exercises help tone your body, feel revitalized, and move 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.



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## Why do so many celebrities do Pilates? Why all the hype?

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 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 the newest DVDs.

STOTT PILATES has the world’s largest library of Pilates exercise videos, with more than 100 titles in its At Home and Professional series. The collection offers workout options for every skill level and ability, from beginners to instructors. Find our complete line of DVDs at major retailers across North America or visit [www.stottpilates.com](http://www.stottpilates.com).



“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.”

Other celebrities known to use STOTT PILATES equipment: Cheryl Tiegs, Ellen DeGeneres, Rod Stewart, Sting, Martha Stewart, Rob Morrow, Victor Garber, Sofia Coppola, Veronica Tennant.



This article compliments of:

## 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. Everyone from serious fitness enthusiasts, to rehab patients, elite athletes, and prenatal clients will see a difference.

## Is it true athletes do Pilates?

Despite its slow, careful movements, Pilates is not for wimps! Pro athletes like NHL player Eddie Belfour, NBA star Kobe Bryant, and Tennis pro 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.

## What are the benefits?

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

STOTT PILATES®, a subsidiary of Merrithew Corporation, is a full-service organization providing Pilates education, videos and equipment worldwide. For more information visit [www.stottpilates.com](http://www.stottpilates.com), call toll-free 1-800-910-0001 or 0800-328-5676 from the U.K.