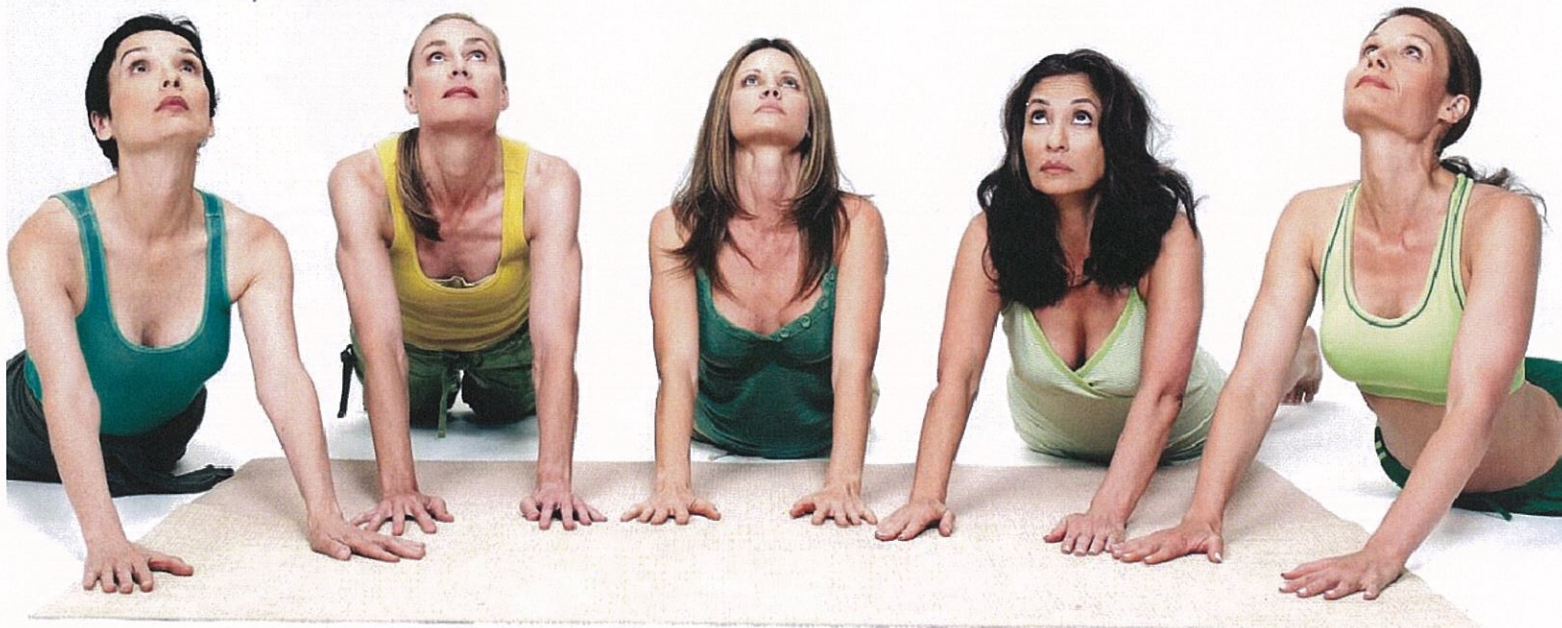


Pilates and Yoga – Everybody’s doing it!

It doesn’t matter if you’re 5 or 95, there is an exercise class out there for you. Yoga for Kids; Pilates for Men; Yoga for Seniors; Pilates for Golfers; and more.



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If you are bored with your current fitness routine, then it’s time to step outside the box and onto the mat.

Consider pilates and yoga, two highly effective forms of exercise that are growing in popularity. The principles of both are very similar, as they require the mind to focus on what the body is doing. Body awareness is essential to obtain optimal results. Concentration, centering and control, as well as an emphasis on proper breathing techniques, must all be used to successfully complete a routine.

Pilates is a total body workout created by Joseph Pilates in the 1920s. The Reformer, the Chair, the Cadillac and the Barrels are some of the apparatus’ that Pilates invented. Private and semi-private Reformer lessons are becoming a preferred alternative to personal training, and many physical therapists use the machine for rehabilitating the back, hip and knee. However, pilates mat

classes (matwork) are the most popular and are usually done in a group setting in studios and gyms around the world.

The method works to stretch and strengthen all the muscle groups and nothing conditions the core muscles like pilates. The matwork uses the student’s own body weight to create resistance to strengthen and tone the muscles. The equipment uses resistance springs to stretch, strengthen and tone. People from all walks of life have found that this method provides incredible core strength, balance, flexibility and increased endurance and stability. Whether it’s through matwork or the apparatus, pilates will give you a complete body workout that provides long lasting results.

Yoga, on the other hand, is not only a mind body exercise. For some, it is a lifestyle. Yoga originated in India and dates back 5,000 years ago. Poses or asanas are done standing, seated and

lying down. The meditational side of yoga along with the breathing can be a great stress reliever. Yoga teaches people to live a life of selflessness, kindness and to be non-judgmental toward others.

In the Western world some people practice yoga strictly as a physical release. Hatha yoga is known as the gentle yoga. A Vinyasa style yoga is a flowing and sometimes more challenging. Whether you are young or old, pregnant, or have physical limitations, there is a style that is right for you.

Even though the principals of alignment, focus and breathing are similar, pilates and yoga can offer very different rewards. Still, many people have found that both practices give them exactly what they need in terms of physical challenge, flexibility moves and stress relief.

So grab your mat and make a beeline for the nearest pilates or yoga studio and decide for yourself. You won’t regret it! ■