



Pilates Not Just for Women

Newsflash!! Pilates was NEVER meant to be a program just for women. In fact, Pilates derives its name from its founder Joseph Pilates! Pilates was first the classical Greek Ideal for a man. A body balanced in body, mind and spirit. In modern times Joseph Pilates whose father was a prize-winning gymnast of Greek descent, founded an exercise method that became the craze it is today.

He was a frail sickly child who was bullied in the town he grew up in. From that grew the Pilates method which was built around vigorous exercises to help correct muscular imbalances and improve posture, balance, coordination, strength and flexibility. In aid to this he developed a series of machines based on spring resistance to assist in performing his exercises. For the remainder of his life he continued to develop his exercise method as well as improving the machines used to perform it.

Joseph Pilates, in his personal studio, which was in New York, New York, trained the elite athletes of his day: Boxers, Martial Artists, Military Police, Skiers, Divers, Acrobats, Gymnasts, Dancers, and other elite athletes. True he developed a large following in the dance community but a large part of those dancers were male as well.

Rene Craig the owner of the only STOTT PILATES® Studio in Oklahoma City was quoted as saying: "Athletes of all abilities are always looking for that "thing" that will take them to the next level. Pilates is that "thing". With its focus on core strength, concentration and control it increases an athlete's agility, flexibility and helps prevent future injuries. Allowing the athlete to play longer and stay healthy."

For the athlete today, pilates can be an irreplaceable training method for those wishing to improve their performance. What athlete would not benefit from better balance, increased strength, greater flexibility, and superior cardiovascular performance? How about the running back or receiver on your sports team? Would a running back with better balance and agility not gain more yards than the runner without it? Would the triathlete not benefit from all the core benefits; balance, strength, flexibility, and cardiovascular performance? How does a basketball star not benefit from these core objectives? Soccer players, runners, tennis players, golfers and more have all improved their game with STOTT PILATES®.

And the creme de la creme of pilates instructors are STOTT PILATES® Certified Instructors. The STOTT PILATES® Certified Instructors have such depth of knowledge they are referred to as the "Ivy League" Students of Pilates.

Find out for yourself today! Give one of your local STOTT PILATES® experts a call to find out what we can do for you. Email Or Visit <http://www.pilates-edge.com>.