

## Pilates Create Good Posture from Bad, Mind with Body

### Bad Posture.

If we have bad posture it means that you are not balancing the body in its most advantageous way

In fact you are standing in a way contrary to the bodies design.

This will mean that certain muscles will be over working and doing more work than they were designed to do, thus creating tension and stiffness and an unnecessary drain to the body's energy resulting in the need for constant stretching-out and release work.

The creation of over working muscles in the body results in other muscles become over –stretched, toneless and underused thus creating weakness, instability and the potential for injury and or the need for constant treatment or therapy.

The imbalance in the structures and systems that we all possess to maintain Good Posture is contrary to our natural design and ability to balance ourselves with the dailt stresses o the lives we lead.

This imbalance will also effect our physical movements where certain muscles will over work whilst others do little or nothing at all.

The result is inevitable; the effort of movement being greater than it needs to be and our physical stress levels increase. Other parts of our physical structure, designed to support us are working at such a low level if at all and therefore the only possible result is the inevitably undue stress, transitory or permanent pain or worse, injury. Non of these should not be seen as an inevitable or acceptable part of life or any training process we undertake.

A body exerted in any way at any level in this Bad Posture state is a body out of tune; the mental will has to be exerted to a higher degree to accommodate and achieve whatever we put our body through in our daily lives. Bad Posture not only increases the physical effort required in life even to achieve simple things such as sitting or standing, we also create greater mental effort as movement becomes a matter of will over the body; mind over matter.

The twinges and little aches and pains we get through life are subtle signs we are out of balance. This is not the fault of our chairs, the cars we drive or the environment we exist in; although they maybe contributory aspects. It is our ability or inability to balance ourselves mentally and physically with our lives and environment, in which we live, work and play that brings us in line or out of touch with our essential design.

Pilates is quiet simply a system of exercise devised in such a way that the conscious process required to achieve the stylised physical movements create a balance in all the bodies structures, mental and physical to create - Good Posture.

Once we have achieved Good Posture Pilates strengthens the physical and mental processes; the harder we push ourselves the harder we need these systems to work for us and not fail.

Pilates is a system that teaches us to work strengthen and balance; “Mind with Body”

Pilates is for then quite simply for all.

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