



Kay McLorn MCSP is the Practice Principal of Blackstone Physiotherapy.

# Why Choose Pilates?

Kay McLorn from Blackstone Physiotherapy discusses why you should make Pilates your new-sophisticated exercise for 2014.



Christmas is a very traditional time of over indulgence of both food and perhaps alcohol, and many of us justify this with a promise to ourselves of turning over that new leaf in the new year and going to the gym.

As we know from our experiences, this new promise usually tends to be broken after only a few weeks and we sink back into our usual routine where in today's fast paced life we have very little time for any form of exercise. Very often we take on the new exercise regime with so much

vigor that we over stress the joints and muscles and often hurt ourselves – another reason why we might not continue.

Attending a Pilates class or pilates studio will give you a refreshing mind-body workout. With an emphasis on correct posture, spinal and pelvic alignment, breathing and concentration you will become focused on how your body actually moves and begin to take control over those movements.

The exercises are focused on

improving that core – both for stability and strength. Your flexibility will improve and your balance will also be challenged and with more muscle activation your body will change and become much more efficient. You will begin to feel the benefits of better movement,



improved breathing, less injury and better sleep.

Blackstone Physiotherapy is the leading centre for Pilates training in Ireland. There are classes run every week, each day over a variety of times and there are classes suitable for everyone. There are even classes for children to encourage good habits to be developed from a young age. You can choose from mat classes or a little more challenging reformer classes, or you can book a one-to-one session with one of the expert pilates instructors in either of the two clinics.

The classes are varied each week to be challenging and most importantly of all – fun! Classes work well and ensure that you keep that new year challenge alive! Committing to a set of classes over a period of a few weeks really helps you to be more focused and research proves that classes work well. These classes are often small with usually no more than 12 people attending.

There is a wide range of small equipment used throughout – resistance bands, massage balls, small pilates balls, swiss balls, and the arc barrel! Sounds a bit torturous but all part of the challenge!

Finding a Pilates class, led by professionals with correct training will without any doubt change the way you will feel and look in only a few sessions!

Pilates Tone at Blackstone Physiotherapy offers both mat and reformer classes on a daily basis. For more information on these, or on how Kids Tone can help your children, please contact one of our staff on: 028 9261 1211 or visit the website: [www.pilatestone.co.uk](http://www.pilatestone.co.uk).



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