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COLUMN

Once upon a mat there was Pilates...

Kay McLorn from Blackstone Physiotherapy discusses Pilates classes for children and young people.

Enter a world of exercise and make-believe, where we'll go on an action-packed adventure. On our fun filled journey we'll learn the principals of good movement, control and posture!

The Pilates studio at Blackstone Physiotherapy in Moira is now offering Pilates classes for children and young people.

As we progress through life our posture changes due to lack to exercise. We all lead busy lives today with little time set aside for exercise and even when our intentions are good, something else tends to get in the way. Over a period of time our muscles can weaken and this allows more uncontrolled movement through our joints in a small way, causing stress and strain on the body which may eventually lead to discomfort and pain.

Point your kids in the right direction - when they're old they won't be lost.

Proverbs 22:6 The Message (MSG)

It is important that we educate our children from an early age. If they can learn to move with ease and develop good postural habits then there is a good chance that these habits will continue into adulthood. If that

is the case then maybe they will suffer less mechanical dysfunction of the musculoskeletal system, less pain and fewer problems as they grow older.

We know the importance of exercises for everyone. Everyday we hear on the news or read in the papers something about exercise, the importance of doing something active and how this helps not only our bodies in a physical way but also how important exercise is for our mental health. And so, both mind and

body come together again as we move forward with Pilates for children.

In Pilates, children learn about good postural habits and are encouraged to think about their own postures in different activities. With more constant input we are more certain to be able to get more output in precision of movement.

It allows for our neuromuscular system to be more aware of our body position – this is known as proprioception. It enhances the sensory input, improves

flexibility, co-ordination, stamina, and strength. With all this in mind, it also improves mental ability and encourages a better sense of well being, making those individuals happier and perhaps less prone to depression.

Benefits of Physical Activity for Children

- Control obesity
 - Help to reduce Type II diabetes
 - Improve cardiovascular health
 - Improve musculoskeletal health, bone development and mineral density
 - Improve mental health
 - Enhance physical well being
 - Enhance social competence
- Pilates Tone at Blackstone Physiotherapy has classes run on a daily basis for all ages, both mat and reformer. For more information please contact one of our staff on 028 9261 1211 or visit the website: www.pilatestone.co.uk



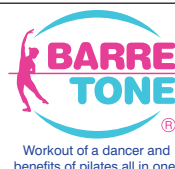
The European Agricultural Fund for Rural Development: Europe Investing in rural areas.



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