

PILATES METHOD

Dominate Your Body

The practice of a series of body movements that involve the mind, enable muscular flexibility, guarantees proper posture and increases your whole being's health.

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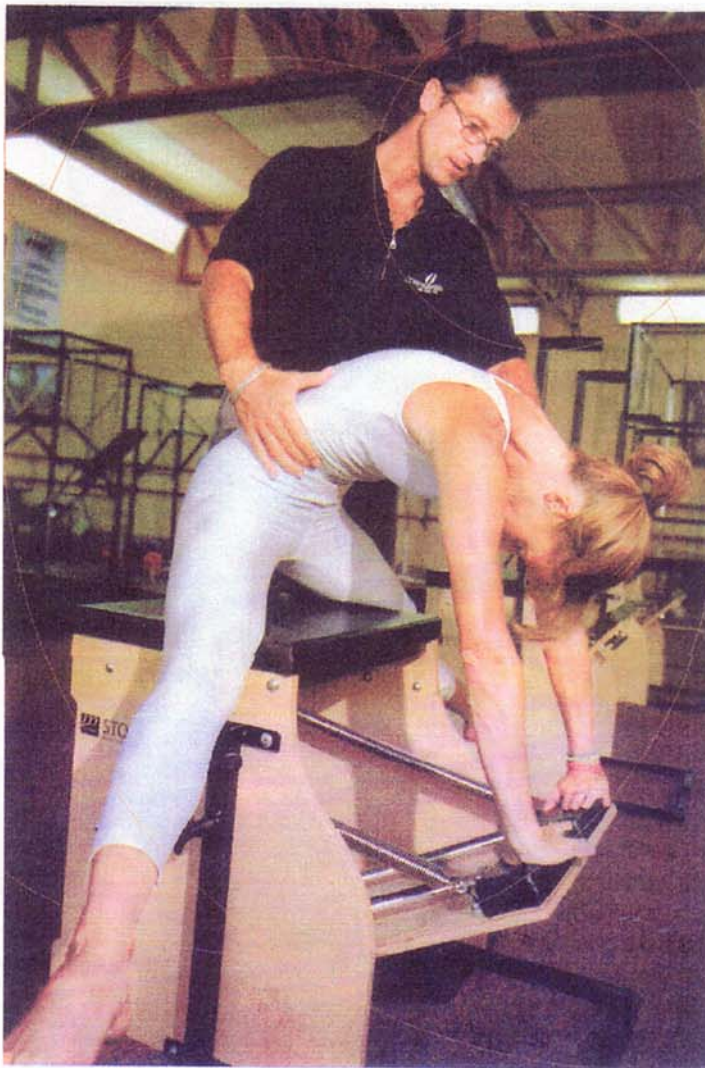
If you are looking for an integrated mind and body workout in which the mind and the body are in perfect equilibrium via relaxation and exercise to achieve more flexibility, strength, coordination and muscular conditioning, the leading Pilates exercise method is arriving in Mexico.

Its purpose is the combination of eastern and western conditioning techniques. From the east, you get the philosophy of meditation and concentration. From the west, you get strength exercises and muscle development.

This form of physical conditioning was created in the 1920's by the German of Greek ancestry, Joseph Pilates, who thought that to be happy, you had to learn to control the body. Pilates developed this method with the goal of balancing the mind, body and soul.

The Pilates method uses specially designed exercise machines that use springs, ropes, sliding floors to generate resistance.

These machines are known as the "Reformer", the "Cadillac", the "Barrel", the "Wunda Chair" and the "Flat Bed".



A little history...

The legend tells of a Greek-German Physician that would rehabilitate wounded soldiers during WWI. This is how his technique of slow and smooth but very focused strength, but still concentrating on stretching and breathing conditioning was developed.

In fact, it was never proven that Joseph Pilates was a Medical Doctor. Some even claim that he worked in a circus.

Neither is there consensus if Pilates was his real name or a surname used to gain a US visa and escape Germany.

The legendary Joseph Pilates never used his name to describe his method, choosing instead to name it "Contrology".

and be happy



“ In 10 sessions, you’ll feel the difference, in 20 sessions you’ll see the difference, in 30 sessions you’ll change the body” Joseph Pilates, 1923

Julian Littleford, expert instructor with 27 years experience, who has taught Pilates both in the U.S. and Europe, recently visited Mexico to share his expertise with the Mexico Pilates Center (Pilates pioneer in the country). He explains, that Pilates is suitable for any body type, including expecting mothers. Tita Ortega, instructor at the Pilates Center, comments that it is also ideal for older individuals who naturally lose flexibility with age.

What Prof. Pilates did was “revert” the aging process by stretching and elongating the entire body, and by doing so Pilates strengthens the connection between bones, and it makes the body young.

“A Pilates practice, specially, stretches the spinal vertebrae which are susceptible to deterioration with aging” Ortega affirms.

Since Pilates is a physical & mental fitness program, concentration is fundamental.

At first, with an instructor’s support, you must stabilize the body; pelvis to the thorax, then intrinsic muscles that are attached to bones are developed to maintain proper skeletal alignment.

“When exercising without supervision, most human bodies tend to work out erroneously, which can tend to build muscle imbalances and add to bad posture problems. “The workout is aimed at those intrinsic muscle that attach to the skeleton, not the major external ones” says

Littleford.

With respect to Pilates sessions, the British expert recommends comfortable sports, dance or athletic clothing with bare feet, since they are the base of the body and allow for lifting exercises. Pilates sessions, which started only two years ago in Mexico, usually last an hour and are scheduled two or three times a week. Apart from improving your posture and flexibility, Pilates burns calories and enhances your physical and mental health.

Gabriela Escalante, Sport City’s nutritionist claims that it’s hard to estimate the calories burned during a session since that is based on each individual’s sex, body type, weight and oxygen intake. On the diet department, Littleford considers sugar & carbohydrates elimination key along with a balanced diet under the supervision of a dietician.

Hydration is vital, since water is key to many metabolic processes, including breathing and stretching, which are a critical part of Pilates training. Among other physical fitness regimens, dance, ballet, aerobics, Yoga, swimming, horseback riding and water polo combine well with Pilates.

As far as similarities between Yoga and Pilates, Littleford states that both use similar body positions and concentration, but Pilates differs in the use of machines to isolate muscle groups.

Famous Pilates practitioners in the US: Madonna, Michael Jordan, Rod Stewart, Sylvester Stallone, Sharon Stone, Julia Roberts, Juliette Binoche, Salma Hayek, Bruce Willis, Michael Douglas, Danny Glover, Demi Moore, Melanie Griffith and many more celebrities.

Centers that offer the Pilates Method

•Centro Pilates de Mexico

•Body Evolution

•Centro de Movimiento Pilates

•Pedro Barcenás