

faq

Everything you wanted to know about the STOTT PILATES® method



STOTT PILATES® is ideal for fitness professionals and instructors who want to incorporate functional mind-body exercise into their teaching curriculum.

What is the STOTT PILATES® Method?

STOTT PILATES is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. Co-founders Moira and Lindsay G. Merrithew, along with a team of physical therapists, sports medicine and fitness professionals, have spent more than two decades refining the STOTT PILATES method of exercise and equipment. This resulted in the inclusion of modern principles of exercise science and spinal rehabilitation, making it one of the safest and most effective methods available. This clear and detailed approach forms the basis for STOTT PILATES training and certification programs. It's used by rehab and prenatal clients, athletes, celebrities and everyone in between.

What is the difference between STOTT PILATES and other methods?

STOTT PILATES incorporates modern exercise principles, including contemporary thinking about spinal rehabilitation and athletic performance enhancement. For example, some approaches may promote a flat back, whereas STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints, there is also more emphasis on scapular stabilization. As well, there are more preparatory exercises and modifications to cater to many different body types and abilities, making it applicable to everyday life.

Why is STOTT PILATES the Professional's Choice?

Since its inception over 20 years ago, STOTT PILATES has grown into the world's most respected Pilates brand. While much has changed since we first opened our doors in 1988, our mission of promoting the ongoing benefits of mind-body fitness worldwide remains a constant. Our full-service company provides all the training, equipment and ongoing support you need to build a strong and successful Pilates business. Whether your goal is to establish Pilates group exercise programs, take your personal training to the next level, set up a fully equipped studio, or train to become a certified instructor – we go the distance to help you succeed.

What are the principles behind the STOTT PILATES Method?

STOTT PILATES exercise improves core strength and balances the muscles around the joints, improving the way the body functions, looks and feels. The Five Basic Principles focus on:

- › Breathing
- › Pelvic placement
- › Rib cage placement
- › Scapular movement & stability
- › Head & cervical spine placement

What are the benefits of STOTT PILATES?

- › Longer, leaner muscles (less bulk, more freedom of movement)
- › Improves postural problems
- › Increases core strength, stability and peripheral mobility
- › Helps prevent injury
- › Enhances functional fitness & ease of movement
- › Balances strength & flexibility
- › Heightens body awareness
- › No-impact, easy on the joints
- › Can be customized to suit everyone from rehab patients to elite athletes
- › Complements other methods of exercise
- › Improves performance in sports (golf, skiing, skating etc.)
- › Improves balance, coordination & circulation

How does STOTT PILATES differ from weight training?

- › Pilates is three-dimensional (i.e. exercises can be performed using all movement planes)
- › Spring resistance more closely resembles muscular contraction



- › Emphasis on concentric and eccentric contraction for injury prevention, STOTT PILATES exercise is customizable for special needs
- › In Pilates exercise, emphasis is placed on rebalancing muscles around the joints
- › Pilates corrects over-training and muscle imbalances that lead to injury
- › Pilates emphasizes balancing strength with flexibility (for injury prevention and more efficient movement)
- › STOTT PILATES exercise leads to an improvement in posture and body awareness
- › Weight training and STOTT PILATES can be combined in a fitness program and are a great complement to each other

Can Pilates be aerobic?

To achieve an aerobic or cardiovascular benefit you have to sustain a duration of 15-60 minutes of continuous exercise (i.e. run, swim, bike). A typical Pilates class does not challenge the cardiovascular system enough to elevate the heart rate to the prescribed level. The muscle toning and strengthening benefits of Pilates are the perfect complement to such fat-burning activities as power walking, swimming or cycling. Essentially, the body awareness and improved self-image your clients attained with Pilates will probably do more to help win the battle of the bulge than crash dieting and obsessive exercising will.

How can Pilates help my client with a bad back?

Although clients should always consult a physician before starting any fitness routine, a Pilates workout can be gentle and controlled with no sudden jarring actions. It is more important, however, that you are qualified and equipped to ensure that movements are being performed correctly and that contraindications are being addressed. Knowledge and experience will allow

you to modify exercises to accommodate any limitations, continually challenge within ability and monitor improvements. Commitment to a consistent workout schedule will promote positive results.

Is STOTT PILATES like Yoga?

In some respects Pilates is like Yoga. Both are considered mind-body methods of movement; both emphasize deep breathing and smooth, long movements that encourage the mind-body connection. The difference is that while Yoga requires moving from one static posture to the next, Pilates flows through a series of movements that are more dynamic, systematic and anatomically-based incorporating resistance equipment. The goal with STOTT PILATES exercise is to strengthen the postural muscles while achieving optimal functional fitness.

Can Pilates help my clients lose weight?

Pilates can be a positive addition to an overall weight-loss program. Weight loss occurs when the number of calories consumed is less than the number of calories expended. The most successful and healthy way to achieve weight loss is an exercise plan that includes an aerobic component coupled with a strength training component, such as STOTT PILATES exercise, and following a balanced diet. Combining Pilates with aerobic exercise also offers additional benefits: greater mind-body connection, improved posture, flexibility and functionality.

How do I become a STOTT PILATES Certified Instructor?

You can attend a Comprehensive or Intensive Certification course at any STOTT PILATES Corporate Training Center or at a Licensed Training Center. Another option is to have your club/rehab facility host on-site training. STOTT PILATES specializes in providing quality training, not crash courses; however, training is broken down into modules to make it more practical for individuals and organizations. This way, you are able to begin incorporating your knowledge of STOTT PILATES exercises into your classes and practice right away.

What else can I do to further my Pilates education?

If you are a fitness or movement professional or enthusiast, you can introduce yourself to the STOTT PILATES method by attending one

of our hundreds of movement or theory-based workshops. Available at STOTT PILATES Corporate Training Centers, Licensed Training Centers, hosting facilities and at fitness and mind-body conferences worldwide, these workshops will give you a taste of the vast repertoire of material. Titles cover Matwork, large and small equipment programming and special populations and each can be used to obtain Continuing Education Credits for Certified Instructors.

Do you have DVDs?

STOTT PILATES is the producer of the world's largest Pilates DVD collection with more than 120 award-winning titles dedicated to At Home exercisers and professional programs for instructors covering the fundamentals to unique sport-specific, prenatal, rehab and active aging repertoire. Find our complete line of DVDs at www.stottpilates.com.



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