

PILATES PLUS PHYSIO

Laura Calder and Tess Santer first encountered Pilates through their work as senior physiotherapists at a leading Edinburgh sports injury clinic. They quickly recognised the value that this exercise method could have on people of all ages and levels of fitness, so made it their mission to take the message to a wider audience.

In July 2009 they founded Pilates Plus and it was an instant success. They now operate classes out of a variety of different venues across the city, catering for sports clubs and the general public. Class sizes never exceed 15, so that every participant can get individual attention.

'Whether you are an elite athlete or not used to doing any sort of exercise at all, Pilates is something which can have an instant, significant and long lasting impact on your fitness levels and general wellbeing,' says Laura.

'Pilates can have a valuable role to play in everyone's life, whether your goal is to improve your sporting performances, recover from injury, enhance your posture, or simply wind down after a hard day.'

'The great thing about our classes is that we can have seriously fit rugby players rubbing shoulders with retired grandmothers and both of them find their time with us fulfilling and energising. Regardless of how fit you think you are I can promise you that just one work-out will have you feeling muscles you didn't previously know existed.'

Initially developed by Joseph Pilates during the first half of the 20th century, the popularity of this exercise regimen



has spread steadily over the years and it is now a worldwide phenomenon with over 12 million active participants, including some of the world's top athletes.

While the technicalities of Pilates have evolved over the years by continually adopting the most recent biomechanical theories, its roots remain steeped in the philosophy and movement patterns conceived by its founding father more than 70 years ago.

Pilates is a complete body workout which builds core strength, balance, stamina and flexibility through low impact conditioning exercises. It involves stretching, moving and holding your body shape to work muscles which more conventional exercise programs can't reach.

Laura and Tess are fully qualified Pilates instructors. As physiotherapists they have worked with elite athletes in various sports including swimming, rugby, football, hockey and orienteering. They have also experience working within the hospital environment... and they look forward to hearing from you...

Word of Mouth...

"Following the birth of my second child I was keen to get back into shape but nervous about taking on too much. Pilates Plus was perfect for me, providing a fully body work-out which has helped me regain my pre-pregnancy figure and boosted my confidence." Dr Johanne Simpson.

"Initially I was sceptical about whether Pilates was the sort of thing which would help someone like me, but I have been pleasantly surprised at how tough yet enjoyable it is. It has definitely helped my rugby. I'm sure Laura and Tess's sporting background has helped them understand what people like me want to get out of the classes," Iain Berthinussen, rugby player for Edinburgh Academicals

"I am a keen hill walker and since taking up Pilates I have found our hikes in the Scottish Highlands far more enjoyable and we have become increasingly ambitious when planning expeditions," Grandmother Rhona Else.

Benefits of Pilates

- * Reduces pain
- * Improves posture
- * Build core strength and stamina
- * Improves flexibility
- * Reduces tension
- * Promotes relaxation
- * Improves balance
- * Improves coordination
- * Improves sleep quality
- * Improves circulation
- * Safe during and post pregnancy
- * Prevents sports injury
- * Improves sport performance
- * Helps you to look and feel better
- * Suitable for those with osteoporosis/ arthritis/ scoliosis

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"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young" Joseph Pilates



Classes Near You at Marchmont St Giles:

Monday: Beginners 7.30-8.30pm

Wednesday: Intermediate/ advanced 8.15-9.15pm

Thursday: Post natal (babies welcome) 2.45-3.45pm



To find out more about enrolling for classes

www.pilatesplusphysio.co.uk.

Email: talk@pilatesplusphysio.co.uk

Call: 0797 177 8962.