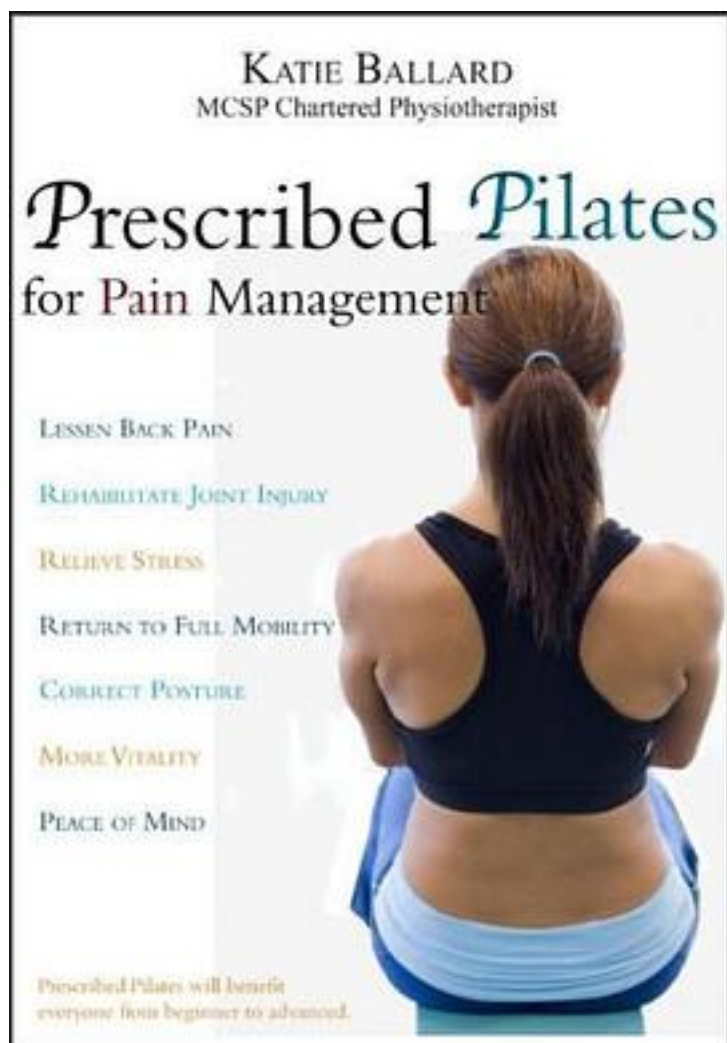


Prescribed Pilates



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Joseph Pilates developed the Pilates approach for rehabilitation. His theory and exercises are recognised today as being successful in the management of pain and Pilates is becoming increasingly popular within the medical field. Prescribed Pilates was developed by Katie Ballard; a Chartered Physiotherapist. It classifies its repertoire of exercises into four subgroups; control of each leading to improved posture, inner strength, better balance and overall healthy movement, minimising stress to the joints during everyday activities. This easy-to-follow exercise manual will educate you on the background and benefits of Pilates. It will help you to identify your muscle imbalances and postural faults and will guide you on the most appropriate exercises for your needs. It clearly links the exercises enabling you to develop a personalised home exercise programme and will show you how to progress safely. It was said by Joseph Pilates that in ten sessions you will feel the difference of Pilates; in twenty you will see the difference and in thirty you will have a whole new body -- so lets continue!

作者介绍:

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