



MARCH 2016 NEWSLETTER

MON 18 APRIL – MON 25 MAY
TUES 19 APRIL – TUES 26 MAY
WED 20 APRIL – WED 27 MAY

6 WEEKS = £48.00

As a Pilates teacher I have listed some of my primary goals especially for Osteoporosis:

- *Use weight bearing exercises to stimulate bone growth targeting particularly the bones of the vulnerable sites (wrist, hips and spine)**
- *Improve postural alignment to encourage length of the spine**
- *Improve your balance and co-ordination to reduce risk of falls**
- *Target your anti-gravity muscles (deep core and back muscles)**
- *Strengthen your muscles, so that they provide support around the vulnerable sites**
- *Maintain your joint mobility**
- *Teach you Hip Hinge to encourage you to bend from the hips and knees, rather than bending forwards from the spine**
- *Improve your relaxation and breathing techniques**
- *Improve your pelvic-floor control.**

WISHING YOU ALL A VERY HAPPY EASTER!

**Please make cheques payable to Pam's Pilates.
or make a payment to:**

**Intelligent Finance Sort Code: 119100 Account Number 02889122
Ref: Your surname**

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