

## The Power of Pilates: Improving Posture



What is Posture?

Posture is simply explained as the position of spine and body. For us to function in the most beneficial and effective way we should have a correct posture - our bodies should be in the correct position!



It is fair to say, technology is one of the main culprits in causing poor posture. Slouched over desks at a **computer screen** for 9 hours a day or more, sitting in a car, watching TV, even **mobiles** and **tablets** that go with us everywhere. Constantly looking down and rounding through our spine.

Typical posture these days sees **rounded shoulders**, a **hunched back** and a forward poking chin! Do you get **lower back pain**? Tight shoulders and **tension headaches**? That could all be related to **poor posture**.

The normal technological and speedy lifestyle does not allow us to be aware of when our posture is incorrect. Becoming aware that our posture is incorrect is the first step to improvement.



### HOW DOES PILATES HELP?



Pilates will lengthen and strengthen your muscles, correcting posture and causing physical change to the shape of your body. However, the body awareness pilates creates will make you far more conscious of your posture. It is this awareness and consciousness that will have the biggest impact.

Whilst having fun and getting a workout in our classes, you will also be learning valuable lessons about how to correct and maintain your posture. You will carry this knowledge outside of our studios and find yourself starting to correct your own posture whilst doing your day to day activities. So, inside the classes you will be working on physically correcting any postural misalignments, BUT you will carry the mental awareness everywhere. We will help you beyond your 55 minute class! Its the power of Chilli Pilates!