



## Orthopedic Associates OF PORT HURON

### What is Pilates Exercise?

At Orthopedic Associates we believe in providing you with opportunities to enhance your health and well-being. We are pleased to announce that we are offering Pilates classes to those that are interested in improving their health.

Pilates is a form of exercise that was developed by Joseph Pilates in the early 1990's.

- The basic principles of Pilates conditioning are to make people more aware of their bodies as single integrated units, to improve alignment and breathing, and to increase efficiency of movement.
- Unlike other exercise programs, the Pilates Method does not require the mindless repetition of boring exercises that most people tire of quickly and subsequently abandon. The method consists of a sequence of carefully performed movements.
- Each exercise is designed to stretch and strengthen the muscles involved, opening the joints and releasing tension. There is a specific breathing pattern for each exercise to assist in directing energy to those areas while relaxing the rest of the body.
- The Pilates Method works many of the deeper muscles together, improving coordination and balance, to achieve efficient and graceful movement. Rather than pursuing the unrealistic goal of having an ideal or perfect body, the practitioner develops a healthy self-image, through the attainment of better posture, proper coordination and improved flexibility.
- Pilates concentrates on alignment, lengthening of all the muscles of the body into a balanced whole, building endurance and strength without putting undue stress on the lungs and heart. The exercises build strong abdominal and back muscles, so that they work as a system, not in isolation.

### ***What are the benefits of Pilates?***

- Rapid results
- Train body/mind integration
- Develops an evenly-conditioned body with long lean muscles

**We Keep You on the Move!**

940 River Centre Drive, Port Huron, Michigan 48061-5031  
(810)985-4900 or 1-888-OAPH-911  
[www.oaph.com](http://www.oaph.com)

## Orthopedic Associates of Port Huron, P.C.

- Builds improved control and strength
- Experience improved coordination and balance
- Enjoy enhanced flexibility and posture
- Low-risk exercise means lesser risk of injury
- Suitable for all ages and fitness levels

### ***Who can attend the Pilates classes at Orthopedic Associates?***

Any man or woman who is interested in improving his or her overall health through this method of exercise.

Note: as always, one should always consult his or her physician prior to beginning any new exercise regime.

### ***How do I enroll in a Pilates class at Orthopedic Associates?***

Simply contact us by calling (810)985-4900 and we will enroll you in the next available session.

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