

Pilates

I suffer periodically from acute lower back pain due to 3 broken vertebra and without the benefit of regular Pilates classes I would live with chronic pain.

Pilates teaches you how to use your core muscles effectively and continuously so that your posture improves. The advantage of having one to one sessions with a qualified extremely competent instructor is immeasurable.

Jo begins each session asking how my back has been and tailors the class according to my current needs.

We always begin with simple stretching exercises to warm up and loosen stiff muscles. Then we move on to mat work, lying down and concentrating on specific areas of the body ie hips, back and stomach and by repeating the exercises and building up the intensity we strengthen the muscles. It is hard work without being aerobic or impactful.

We don't use music and only a few simple bits of equipment such as a rubber band, soft ball and ring.

Jo teaches by example and is always encouraging but firm and pushes me as necessary.

Each session is quiet, intense and concentrated and my hour-long workout always leaves me feeling stronger, more flexible and more confident in my back's ability to withstand further damage.