

## The Benefits of Pilates Exercises

Pilates is comprised of over 500 controlled exercises that are a balanced blend of strength and flexibility training intended to improve posture, create long, lean muscles, and reduce stress. Pilates exercises have evolved over the past 75 years. Through smooth, continuous motion, Pilates works multiple muscle groups simultaneously. Its focus is particularly on strengthening and stabilizing the abdominal region. Because Pilates focuses on quality of movement, one feels invigorated after a session instead of feeling exhausted. Your first Pilates session should be a private lesson in which the instructor will introduce you to the equipment, give you an idea of where your body's strengths and weaknesses lie, and enable you to make informed decisions. The Pilates exercises can be performed either on machines or on a mat. A variety of equipment is used to perform some of the over 500 exercises. On the mat you perform with a group, performing the same exercises, at the same pace. Different instructors, training institutions and equipment manufacturers have developed several props to help you carry out exercises on your own. Small props such as Pilates balls, Pilates circles and Pilates resistance bands can be incorporated into any personal training program. There are many similarities between Yoga and Pilates. But, the breathing is different for the two disciplines. In Pilates, you pull your stomach in, while in Yoga you allow it to expand with breath. While Pilates is about movement, Yoga involves holding of postures. If you want to achieve the maximum slimming effect with least amount of effort, then you should go for the Winsor Pilates exercise. The exercise works every part of your body and focuses on the core muscle groups - abdomen, lower back, hips and buttocks - which are going to burn the most energy for weight loss and make the biggest difference in your physical appearance.

## About the Author

Learn how to get started on your exercise program from your About.com Exercise.

Source: <http://www.productsherbal.com>