Getting Back in Shape with Pilates

Why adding Pilates to your workout routine can help you reach your weight-loss goals

By Kerrie Lee Brown
VP, Communications, Merrithew Health & Fitness™

There are many reasons why people work out... reduce stress, increase energy, rehabilitate an injury, improve sports performance, and quite often to lose weight. But no matter what your reason to venture into the gym or to your local mind-body studio, with the winter moving full steam ahead and dreams of warmer weather around the corner, training programs are top of mind and people are looking for alternative ways to reach their workout goals. Whether you’re looking to lose those last five pounds, shoot or score higher, fit in a bikini, or wear your favourite skinny jeans – it’s important that you find the right motivation and commitment to stay thin at an all-time high in our society, and the old school thought that Pilates is associated solely with rehabilitation still holds true. There are many reasons why people work out... reduce stress, increase energy, rehabilitate an injury, improve sports performance, and quite often to lose weight. But no matter what your reason to venture into the gym or to your local mind-body studio, with the winter moving full steam ahead and dreams of warmer weather around the corner, training programs are top of mind and people are looking for alternative ways to reach their workout goals. Whether you’re looking to lose those last five pounds, shoot or score higher, fit in a bikini, or wear your favourite skinny jeans – it’s important that you find the right motivation and commitment to stay thin at an all-time high in our society, and the old school thought that Pilates is associated solely with rehabilitation still holds true.

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