

What is Pilates?

Pilates (pronounced puh-LAH-teez) is a training method of physical and mental conditioning. Developed by Joseph Hubertus Pilates, he originally called his method contrology - the complete coordination of body, mind and spirit.

Joseph believed "physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure." (Return to Life Through Contrology, 1945.)

Today Pilates has become integrated into many different areas of physical fitness, health and well-being. Becoming popularized by various celebrities and models as the exercise of choice to create that "leaner, longer, firmer, stronger™" physique. Pilates is also used frequently in rehabilitative settings by Chiropractors, Physical Therapists, and Orthopedist

because of its' effectiveness in correcting faulty movement patterns and biomechanical compensations that occur from injury. More recently Pilates is being added to the training programs of many top performing athletes to enhance their athletic performance and also increase the longevity of their careers by avoiding injuries.

Pilates is for everyone.

Pilates comprises more than 500 exercises, performed using professional Pilates equipment.

The results are lean long flexible muscles, firmer abdominals, improved posture, increase energy level, and mind body connection. Due to the wide range of exercises, Pilates is suitable for all fitness levels.

Anyone can enjoy the benefits of the PILATES WELLNESS program.



Pilates enhances Mind Body awareness and develops body control through concentration

How Do I Start Pilates?

The most effective way to develop a solid Pilates foundation and create a Leaner, Longer Firmer & Stronger™ physique is by doing Equipment Pilates, privately or in a small group with a Certified Pilates Instructor. The specialized Pilates equipment is designed to aid you in gaining the core strength, flexibility, tone and the Mind Body understanding you need to develop a solid Pilates foundation. Since it takes 4-6 weeks to feel the difference once starting Pilates regularly, I recommend at least 10 sessions initially. Doing mat work and home based training is an excellent addition in building a solid foundation. It has been my experience that doing mat work or home training alone, in the beginning, does not achieve an adequate level of understanding of the key concepts and the physical development needed to feel and see the difference. Remember, Pilates is not about struggling to get the exercise done. Instead, Pilates is about experiencing the coordination of movements using the correct muscle groups with focus and form. Almost like a symphony of motion, where all the musical instruments are playing in harmony under the careful instructions of the conductor.

What is Pilates?	1
How Do I Start Pilates?	1
How Long Should I Do Pilates?	2
The PILATES WELLNESS Center	2
Dr. Susan Tatiana Habanova	2

Benefits of Pilates

- **Lean Flexible Muscles**
- **Improved Posture**
- **Firmer Abs**
- **Increase Energy**

How Long Should I Do Pilates?

In the beginning, Pilates is more mentally challenging than physically challenging because there is an educational process that must be developed. It has been my experience that participants start to grasp the meaning of Pilates after 3-4 sessions with proper training. It is natural to feel awkward and clumsy in the beginning. We all go through that. Stay relaxed, enjoy the process, remember to have fun and keep doing Pilates. The body is amazing at adapting to new movements, just remember it takes time and continued dedication.

Generally, it takes 4-6 weeks to start to feel a change in the body, and sometimes longer depending on your fitness level, your goals, and your level of commitment. This is true for any type of physical conditioning program one begins, regardless of how physically fit one is. The most benefit from Pilates is seen when practiced on a regular basis. I recommend Pi-

lates be done 2-3 times a week for 5 weeks initially so that a solid foundation can be established. Joseph Pilates had a saying, **“In 10 sessions, you FEEL the difference, in 20 you SEE the difference, and in 30 you’ll have a whole new body.”**

All the years I have been teaching Pilates and working with individuals, I must agree with that statement.

Once a solid Pilates foundation is established, I recommend participating in a combination of Pilates Tower and Pilates Mat Classes. Individual Pilates Sessions are still beneficial once starting the Pilates Tower and Pilates Mat Classes, and our Pilates Instructors can recommend an appropriate program for you.



Pilates creates the ability to work the arms and legs independent of the torso using the core for strength and control

Pilates is suitable for all ages and levels of ability. The focus is to create a balanced body using the “core” abdominal muscles, develop strong flexible muscles without building bulk, increase postural awareness and enhance mental athleticism

Remember to consult your physician before beginning any exercise program.

The PILATES WELLNESS Center

- Individual Pilates Wellness™ Training Programs
- Equestrian Pilates
- Golf Pilates
- Tennis Pilates
- Group Pilates Classes
- Pilates Teacher Training Certification Center
- Education Center
- Pilates DivaWear™



The Pilates Wellness Center

11420 Fortune Circle
Building I, Suite 7
Wellington, FL 33414

Phone: 561-204-5393
Fax: 561-4229886
info@pilateswellness.com
www.pilateswellness.com

Dr. Susan Tatiana Habanova



Dr. Susan Tatiana Habanova

Dr. Susan Tatiana Habanova is a Chiropractic Physician and Certified Pilates Rehabilitation Practitioner. Dr. Habanova has developed Pilates Training Programs, Pilates certification manuals, written on the subject and is invited to speak at national conferences. She has developed an outstanding reputation

placing her at the very top of her field and at the forefront of this exciting area. Having a background in Sports Medicine, she understands in a specific way the needs and particular issues which confront athletes. Her reputation has grown substantially within the community and she has become a sought after consultant, trainer, chiropractor and motivational coach. She has devoted her focus to Pilates and brings years of experience in developing Pilates Training Programs. Dr. Habanova maintains a private Chiropractic practice in West Palm Beach, FL and owns The PILATES WELLNESS Center in Wellington, FL. She teaches Pilates certification courses and Equestrian Pilates workshops / clinics. Her goal is to help empower people to live a more healthier vibrant life.