



## REFORM & RESTORE

PILATES &  
ASSISTED STRETCH



### A Studio Update

WELCOME TO OUR MONTHLY NEWSLETTER

## Wall Pilates Now Trending



Wall Pilates is a trending exercise that has been gaining popularity in recent years among fitness enthusiasts. This unique variation of traditional Pilates involves performing exercises using a wall for support and resistance. By utilizing the wall as a prop, practitioners can enhance their stability, balance, and core strength while engaging different muscle groups.

One of the key benefits of Wall Pilates is its versatility and accessibility. It can be easily modified to suit individuals of all fitness levels, making it an inclusive option for beginners and experienced practitioners alike. Additionally, Wall Pilates offers a low-impact workout that is gentle on the joints, making it suitable for those with injuries or mobility issues. As with any new exercise regimen, it's important to consult with a qualified instructor to ensure proper form and technique for a safe and effective workout experience.





## Private Training

Private training on a Pilates reformer machine offers numerous benefits for individuals seeking personalized fitness guidance. Private sessions provide tailored workouts designed to meet the specific needs and goals of the client. This one-on-one approach allows for focused attention from the instructor, ensuring proper form and technique to maximize results and prevent injuries. Clients receive immediate feedback and adjustments to their movements, leading to more efficient progress. Additionally, private training offers a level of accountability and motivation that can help individuals stay committed to their fitness journey.

Furthermore, Pilates reformer exercises can target specific muscle groups, improve flexibility, posture, and core strength. The personalized nature of private sessions also allows for modifications based on individual limitations or injuries, making it a safe and effective option for people of all fitness levels. Private Pilates reformer training provides a unique opportunity for individuals to experience a customized workout that can lead to significant improvements in their overall health and well-being.



## Assisted Stretching

### RELAX AND RECOVER

Assisted stretching offers numerous benefits for individuals looking to improve flexibility, range of motion, and overall well-being. One of the primary advantages of assisted stretching is the ability to target specific muscle groups more effectively than traditional stretching methods. This specialized technique allows for a deeper stretch with less effort on the part of the person being stretched.

Moreover, assisted stretching can help reduce muscle tension, improve posture, and enhance athletic performance. By working with a trained professional, individuals can experience a more thorough and comprehensive stretch that can lead to increased blood flow, reduced risk of injury, and enhanced recovery after physical activity. Additionally, assisted stretching can promote relaxation, stress relief, and a sense of overall relaxation and well-being. Incorporating assisted stretching into your weekly routine can have a profound impact on your physical and mental health.

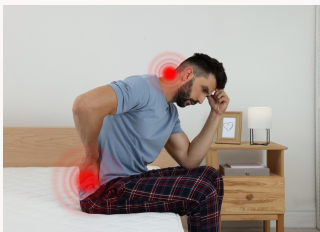


# Journal Articles

## PILATES AND FIBROMYALGIA

Fibromyalgia (FM) is a chronic condition that typically consists of widespread pain and tenderness in the body. Fatigue, depression, sleep disturbances, cognitive dysfunction, irritable bowel syndrome, and headache are also usually a part of this condition. (Clauw DJ. 2015).

Research has found Pilates to be a safe, low-impact, and effective exercise option that can help to reduce pain, depression, and anxiety, while improving functionality, mobility, flexibility, fitness, posture, balance, strength, mood, and sleep quality symptoms in clients with Fibromyalgia (Çağlayan et al., 2023; Franco et al., 2023; de Medeiros et al., 2020; Komatsu, 2016). One-on-one classes allow more freedom to tailor the program to the individual, and increase the intensity and frequency of classes at the client's pace, thus ensuring safe progressions or regressions as needed.



Luck is when preparation meets opportunity



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