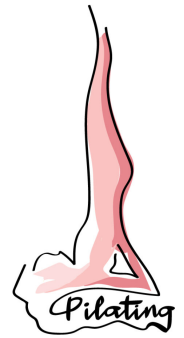


# Pilates for Weight Loss

## Pilates improves:

1. Body awareness
2. Our breathing
3. Blood circulation
4. Our flexibility and range of movement
5. Posture
6. Strengthening our core and full body
7. Pelvic alignment
8. Joint control and stability
9. Enhance our mental health



## Pilates is effective for:

1. Toning up
2. Building lean muscle
3. Straighten our posture
4. Injury prevention and rehabilitation
5. Pre-Post Natal
6. **Helps to maintain a healthy weight**
7. **WEIGHT LOSS**
8. Is beneficial for our health

Yet, even though Pilates may not be as effective for weight loss as other cardio exercises because you will burn fewer calories, if you enjoy Pilates stick to this exercise routine by taking classes regularly. You will also be more likely to maintain a healthy lifestyle.

If your goal is only weight loss, combine Pilates with a healthy diet, good sleep pattern and mental health together with other forms of cardio exercise: walking, swimming and cycling are perfect.

If you are **not** sleep-deprived, stressed, or a frequent consumer of highly processed and fatty foods, then you are likely to lose flab while participating in a Pilates programme.

Pilates makes your muscles stronger and more efficient at burning fat.

To recap: Can Pilates give you a flat stomach? Yes! By doing Pilates to strengthen core muscles, increasing the fat burning efficiency of the body, and by reducing stress in your life. In fact Pilates (combined with another form of cardiovascular workout) can provide huge weight loss benefits.

To look lean or toned, you absolutely want to build muscle and reduce fat. The scale isn't always the best measure of your results. I recommend you take pictures of yourself every two or three

weeks and also take body measurements. Use as well your clothes fit as a guide. Monitor these instead of obsessing with the scale to start with.

## **Why do you gain weight before you lose it?**

You think that going on a strict diet and exercise regimen would help drop some kilos quickly and then, most people (mainly if exercise was not often in their previous lifestyle) actually gain weight at first! Do not give up on your goals just yet!

Here some reasons:

1. Certain types of exercise, like strength training, make you gain weight from added muscle.
2. Lowered body fat percentage: even though 1 kilo of fat weighs the same as 1 kilo of muscle, their composition are different. Fat is lumpy and fluffy and takes more space. Muscle is compact and dense and takes less space which makes you look leaner and more toned.
3. Body composition: if we combine exercise and lower body fat, we lose fat in certain areas and gain muscle in others that changes our shape and we have more definition thanks to our toned muscles, we look leaner. Of course, building muscles in certain areas (chest, shoulders, thighs) can make us look leaner against another person who has the same waist size but is not as muscular.
4. Blood volume: If our cardiovascular capacity improves that reverts into an increase of blood volume that also explains weighting more and looking thinner. The same happens with the volume of Glycogen (its structure –large molecules, simple sugars- represents the main storage form of glucose in the body).

There is a common misconception that Pilates is just stretching or similar to yoga. Pilates is a method of movement designed to realign the body to be completely in tune and properly functioning. Once this is achieved, you have created an entirely new body both visually and functionally. Weight loss will occur but it is not the main objective.

When practicing Pilates, you can expect to feel better after just a few weeks or less. You will begin to see muscles form and fat burn after 3 weeks to 2 months of doing Pilates (this depends on the frequency and length of your Pilates exercise program).

The “Pilates effect” is the idea that practicing Pilates can lead to improved posture, muscle tone, and a toned core area. The result of this “effect” is that it may appear you have lost weight. That’s because if you’ve gained or toned up your muscles, you may look fitter overall, even if you haven’t lost weight.

They may be many other reasons why you are not losing weight and exercise may not be helping **much:**

1. Genetics: genes account for about 70% of the variation of our body weight. Not much we can do about it.
2. We are getting older and losing muscle. As we are ageing, it is important we add resistance training into our weekly routine to rebuild lost muscle. In fact, muscle mass decreases 3 to 5% every decade after age 30 and, muscle burns more calories than fat! As well, for women hitting menopause and estrogen levels drop results as a loss of muscle.
3. Medicines are to blame as well: SOME medications cause weight gain.
4. Food portion sizes matter: there is no relationship to how hungry we are or what our body really needs. Adjust portion sizes to calories needed. Logging your food to a food diary can help.
5. Pay attention to your eating habits when you are mindlessly or when distracted: avoid the hand-to-mouth snacking!
6. Wrong to skip meals to then end up overeating!
7. Overestimating our calorie burn: what and how much we eat is more important than the exercise habits. Exercise is the secret to maintain weight and to keep kilos away. Exercise should not be used as a form of punishment for overeating.
8. Make sure you have a healthy GUT