



## EFFECTS OF PILATES EXERCISES ON HEALTH AND FITNESS

(Received on: 14 Feb 2018, Reviewed on: 22 May 2018 and Accepted on: 11 Aug 2018)

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### Abstract

The purpose of the study is to identify and aware about the benefits of effects of Pilates exercises on health and fitness of allages. For the purpose of the investigation of the study, the forty (N=40) subjects of mixed group (Male=20 & Female=20) were selected from the different locations of India according to their regular participations in Pilates exercises for the improvements of health and fitness with different age group, range from 25 to 45 years. The data has been collected from the both primary and secondary sources. Primary data collected through Interview methods (personal interview & telephonic interview). The researcher followed all the instructions and guidelines and approached in systematic and plan manner to collect accurate & correct data for the study. And secondary data like, books, e-books, journals, e-journals, internet, magazines, articles and also researchers, experts & educationist views. Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance; so much more than just building a 'strong core' or 'perfect posture'. "The Pilates Method of Body Conditioning develops the body uniformly, corrects posture, restores vitality, invigorates the mind and elevates the spirit." According to Joseph Pilates.

There are following findings of effect of Pilates exercises on health and fitness are: Pilates improves your posture, improve flexibility, circulation, balance, lower blood pressure, improve back pain, joint mobility, boosts spinal strength and health & lower stress level. So regular Pilates practice develops body awareness, helping peoples to identify and change daily movement patterns that contribute to on-going dysfunction.

**Keywords:** Pilates Exercises, Effects, Health and Fitness.

### Introduction

Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance; so much more than just building a 'strong core' or 'perfect posture'. Exercises involve the whole body and are performed on spring-assisted apparatus or a mat, sometimes utilising small equipment. A German-born émigré to Britain and then America, he devised the Pilates method as a new approach to exercise and body-conditioning in the early decades of the last century. His method included the use of equipment referred to by him as: apparatus. ... Joseph Pilates was born near Dusseldorf in 1880. Pilates was perhaps the first influential figure to combine Western and Eastern ideas about health and physical fitness. The Pilates



Method of the exercise was developed by Joseph Pilates in the 1920s. It was originally used as a rehabilitation program for prisoners of war and was later found to be of great benefit to anyone seeking a higher level of fitness. Regular practitioners of Pilates feel a heightened sense of awareness and ease in their bodies, experiencing less pain and increased mobility. This freedom ultimately leads to increased satisfaction in life! "The Pilates Method of Body Conditioning develops the body uniformly, corrects posture, restores vitality, invigorates the mind and elevates the spirit." - Joseph Pilates. Pilates improves whole-body health without straining muscles and joints. Pilates is effective as it addresses underlying structural imbalances in the body which can create on-going pain and difficulty with movement. The whole body is considered. Lengthened and strengthened muscles improve posture and overall fitness and retrain dysfunctional movement patterns, restoring optimum physical function.

### **Methodology**

For the purpose of the investigation of the study, the forty (N=40) subjects of mixed group (Male=20 & Female=20) were selected from the different locations of India according to their regular participations in Pilates exercises for the improvements of health and fitness with different age group, range from 25 to 45 years. All the physical and health related components were set as variables. The data has been collected from the both primary and secondary sources. Primary data collected through Interview methods (personal interview & telephonic interview).

The researcher followed all the instructions and guidelines and approached in systematic and plan manner to collect accurate & correct data for the study. And secondary data like, books, e-books, journals, e-journals, internet, magazines, articles and also researchers, experts & educationist views. Since its introduction by Joseph Pilates all those years ago, Pilates has earned a reputation as a great way of strengthening the "core," which mainly refers to the abdominal and trunk muscles. This incredible fitness system, however, does more than just give you great and strong abs, which many people (mistakenly) believe is what Pilates is solely about.

### **Findings & Discussion**

These are following findings of Pilates exercises can improve the health and fitness.

#### **Pilates improves Posture**

The peoples who doing regular (or five days in a week) Pilates exercises, you might have noticed that they have very good posture. That's because smoothly doing Pilates exercises requires laser focus, and this level of concentration makes one more naturally aware of their posture at all times. Eventually, Pilate's enthusiasts automatically correct their posture and spinal alignment even when they're outside of classes and going about their daily lives.

#### **Pilates improves Circulation**

Pilates emphasizes deep, proper breathing. With this kind of breathing, the flow of your blood becomes freer, and the delivery of precious oxygen to your organs and muscles becomes more efficient



resulting in improved functions of circulatory system.

#### **Pilates lowers Blood Pressure**

Pilates exercises also helps to maintain or lowering down of someone's blood pressure, if he/she involved in regular exercises. In 2015 a study had 44 hypertensive women split into two groups as subjects, with one group performing twice-a-week, 60-minute Mat Pilates sessions for 16 weeks, and the other group maintaining their daily activities without any special exercise training? The results were encouraging, as it found out that Mat Pilates "reduces clinical and ambulatory blood pressure."

#### **Pilates improves Balance**

Many Pilate's exercises constantly make use of apparatus and props that promote stabilization. So as your core muscles gain strength and your spine realigns, your balance, as well as your coordination, improves as well. Pilates is absolutely great for the elderly since improved balance means lesser risk for falls.

#### **Pilates helps with Back Pain**

This is very important finding and observed by the researcher that, if anyone suffering from chronic back pain and traditional treatments didn't work for him/her, they might want to try Pilates. There are specific Pilates exercises that are designed to relieve back pain, and there have been studies that it is more effective than conventional back pain treatments. Many subjects had responded, who have been in regular schedule that Pilates exercises helps them to relief their back pain.

#### **Pilates improves Flexibility**

In every single Pilates class will require to perform multiples active stretches all

throughout, which will improve your joints' range of motion with every session. The body will feel looser and relaxed, which is always a good thing.

#### **Pilates boosts Spinal Strength and Health**

All the multiplanar core exercises that will have to do in Pilates class, you will feel your spine become stronger, more flexible, and better aligned. In 2014 a study also affirms that there is a link between spinal health and Pilates.

#### **Pilates enhances Joint Mobility**

Pilates exercises strengthen and elongate muscles as well as improve the mobility of your joints. They can also reduce your risk of suffering from stiff or weak joints. As Pilates exercises also help to balance the musculature within your joints, you will become less prone to arthritis.

#### **Pilates lowers Stress levels**

Deep, proper breathing, which is a core Pilates principle, plays a huge role in reducing your stress levels. With deep and proper breaths, your blood gets more oxygen, and the improved circulation makes delivery of oxygen to the brain more efficient. When your brain gets its fair share of oxygen, a response telling it to calm down is triggered, and that should relax your brain enough to keep your stress levels down. Regular Pilates practice develops body awareness, helping clients identify and change daily movement patterns that contribute to on-going dysfunction. Small habitual changes can make a big difference in alleviating chronic conditions. As Pilates offers a new way of experiencing your body and movement, it can be difficult to understand, or even feel that anything is happening, at the



beginning It is important to find a teacher that you enjoy working with and a class that you can attend regularly (in terms of time, location, life demands and cost). This will help to make Pilates an integral part of your life, rather than just another exercise class added to your routine. If Pilates intimidates you, know that anyone can do it, no matter what your age or weight. Pilates Improves It may prove challenging at first but you will get the hang of it eventually, and you will soon achieve the health gains mentioned above, and more

### Conclusion

The regular practice of Pilates exercises that facilitates long-term changes to your body and lifestyle. The top most benefits of doing Pilates exercise include becoming stronger, longer, leaner, and more able to do anything with grace and ease. So, it is suggested to peoples of all ages to start Pilates exercises to learn and get the best fitness schedule of your regular routine. Pilates is a form of exercise emphasizes the whole body fitness workout specially the core strength and stability. So with above study there are following conclusion has been drawn: Pilates exercises helps to effect Whole-Body Fitness, Pilates Increases Flexibility, Pilates Develops Core Strength, Pilates Improves Posture& energy, Pilates helps people overcome back pain, Pilates Creates Strength

Without Bulk, Pilates Promotes Weight Loss and Long, Lean Appearance, Pilates Increases Awareness - Body/Mind Connection, Pilates aids in the rehabilitation of many specialised conditions including: Pregnancy, Sports Injuries, Spinal Conditions and Hip & Knee Replacement.

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