



# PARKINSON'S & PILATES

Centering. Concentration. Control.  
Precision. Breath. Flow.

## WHAT'S PILATES?

The Parkinson's Exercise and Wellness Center's Pilates classes is a low-impact exercise method that improves physical and mental health through body control and teaches how to use muscles more efficiently. Originally called Contrology, Pilates is inspired by yoga, martial arts and the human anatomy. While the exercises vary, the principles of Pilates never change: centering, concentration, control, precision, breathing and flowing.

Classes are a mix of seated, standing and chair work that are designed to enrich, educate and empower. If the thought of exercise is intimidating, Pilates is a great option. It increases agility, flexibility and range of motion while toning and improving posture. It is said to be a complementary therapy with exercises that counter the effects of PD on the body and mind.

## WHY PILATES?

- Improve brain-body integration - a well-functioning nervous system sends messages through the brain to the spine and surrounding muscles more effectively.
- Strengthens the mind-body connection through syncing breath and movement.
- Enhance balance by strengthening the core and realigning the spine, reducing falls and injuries.
- Align the posture through thoracic mobility, back muscle strength and overall balance. Good posture and a stable trunk improves digestion and helps the organs work more efficiently.
- Removes stress and promotes relaxation, stretching muscles, releasing tension and pain, and can trigger natural sleep responses.



## MISSION STATEMENT

The Parkinson's Exercise and Wellness Center provides Parkinson's patients and others suffering from neurologically-based "movement disorder diseases" exercises for a stronger body, education and resources for a stronger mind, and camaraderie and support for a stronger spirit.