



# The power of Pilates

Escape the 21st century sedentary trap with a little help from TenPilates

The 21st century has not been kind to humans. We are designed to move, not to sit. Yet we're more sedentary now than at any time in human history. And with all that sitting comes circulatory problems, obesity, decreased bone density (and a greater risk of osteoporosis) and increased early-onset diabetes.

It's not just that we sit so much; we do it badly, too. We spend our days hunched over computers, and our evenings slouched in front of the TV. Our postures are shot; we're increasingly prey to spinal and postural imbalances resulting in inflexibility, dysfunction and debilitating pain.

In today's always-on, always available culture we're time-poor, trying to do more, faster, and struggling to balance personal and professional commitments. Unsurprisingly, we're under constant stress, the physical and psychological effects of which are now the second biggest cause of workplace absence (the biggest, ironically, being posture-related problems).

We can't change the way the world works. But at TenPilates we have created an exercise programme that is also designed specifically around the way most of us now live our lives.

Pilates has always been excellent for posture and flexibility, helping restore our natural spinal alignment and creating a strong, supportive core to prevent or reduce back pain and injury. Ten's trademark Dynamic Pilates adds in additional resistance and cardiovascular elements and raises the overall effectiveness of the sessions.

The combination makes for an intense whole body workout that corrects posture, strengthens core muscle groups, improves flexibility, sculpts lean, toned muscles and offers cardiovascular benefits, boosting the resting metabolism, reducing body fat and helping with both weight loss.

Ideal for the time poor, sessions last just less than an hour (including warm-up and cool-down). When every hour carved out for exercise has to count, it's highly effective; you feel and see the results. Fast.

With Studios throughout west and central London (and a City Studio opening soon) access is convenient for busy Londoners. Studios are open from early to late, so you can fit your training around your lifestyle.

In keeping with the needs of a population who are living longer, Dynamic Pilates is suitable for participants of all ages.

It's also prehabilitative in approach, helping future-proof the body to keep you fitter, stronger and active for longer, and helping avoid/reduce the impact of future injuries.

TenPilates sessions are equally effective at helping combat the mental pressures of our modern life. The dynamism and intensity of the workout helps generate endorphins, increasing feelings of optimism, positivity and well-being. The sessions are hugely absorbing, making them a valuable 'time-out' from the stresses of work.

With more of us living alone or working from home, TenPilates' class-based programme also provides a shared experience.

And, last but not least, because you see the benefits so quickly, it's also a powerful way of maintaining motivation and boosting personal morale and self-esteem.

✚ TenPilates has Studios in Notting Hill, Chiswick, St James's, Mayfair and Hatton Garden. For details or more information call 0208 960 8303, visit [tenpilates.com](http://tenpilates.com) or email [info@tenpilates.com](mailto:info@tenpilates.com)