

The Benefits of Pilates Exercises for Seniors

Pilates is a fantastic exercise method for all ages and is very suitable for seniors at various fitness levels. Pilates exercises offer a long list of strong points - coming from both the exercise and physical activity in general through a broad range of exertion levels. The aging process affects our bodies in ways that Pilates can hedge against and even reverse to a certain degree.

Examples of How Pilates Helps Seniors

Over time, gravity compresses the bones of our spine. Impact from activity and long periods of sitting or standing in life only multiplies gravity's effects, but Pilates works to lengthen all the connections in the spine and helps posture. It enhances the flexibility of back muscles and focuses on fluid movement. Posture is improved and seniors, who experience back problems with age, directly benefit. There are multiple other benefits, including:

1. Maintaining **muscle mass** when aging tends to decrease it
2. Increasing strength when it would otherwise decline
3. Providing new flexibility for joints as they tend to stiffen
4. Keeping muscles and movements flexible and fluid
5. Improving balance to help avoid injury from falls
6. Improving coordination to help prevent dangerous accidents
7. Renewing of energy and vigor
8. Improved appetite and sleep patterns

The best Pilates exercises are those that seniors can perform, enjoy, and feel better after!