



The Joseph H. Pilates Method at Home: A Balance, Shape, Strength, and Fitness Program

Eleanor McKenzie

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First popularized in the 1920s and adopted by dance greats George Balanchine and Martha Graham, the Pilates technique is gaining worldwide recognition as an effective holistic exercise system. It combines elements of yoga and classical dance with principles of concentration and exercise that increase body awareness, release tension, and realign the body. The program is particularly popular with people who are moving away from the "no pain, no gain" mentality of the workout gym and seeking alternative methods of fitness. Pilates at Home offers readers a clear explanation of this conditioning system. Color photographs show users how to coordinate body, mind, and spirit by working with the body's muscles - not on or against them. Sections on posture, breathing, warm-up exercises, and the use of weights can be easily applied to everyday life.

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