

# What is Pilates?

## SO WHAT IS PILATES?

Pilates is a mind body conditioning exercise program that targets the deep postural muscles of the abdomen and spine to improve overall central core stability and posture. The mind and body are brought together to achieve these aims through the following eight sound principles: concentration, centering, breathing, isolation, routine, precision, control and flowing movement.

## A BREIF HISTORY OF PILATES

“Physical Fitness is the first requisite of happiness” – Joseph H. Pilates

The Pilates Method originates from the late Joseph Pilates, born in Germany in 1883.

Joseph suffered from many illnesses as a child and so as he grew older he dedicated his life to improving his physical fitness. Whilst he began by studying a range of disciplines he eventually devised his own fitness program. It was during World War 1 that Joseph was able to further develop his fitness program which he delivered to his fellow internees.

When Joseph returned to Germany he collaborated with many dancers, including Rudoph von Laban the originator of ‘Labanotation’. Joseph also started teaching the Hamburg police self-defence. He later emigrated to the United States of America, and met Clara, whom he later married and opened his first fitness studio in New York, an address that they shared with the New York City Ballet. The studio attracted leading ballet dancers who realised that Joseph’s exercises perfected and complemented their traditional exercise program.



Joseph soon began instructing actors, sportspersons and the ‘elite’ of New York, who were attracted to his fitness program that built strength, flexibility and balance.

As Joseph did not develop a formal training program, after his death his ‘disciples’ continued to teach his program adding their own variations to his core philosophy. This method has continued and Pilates is now taught in several forms today, one of the most successful being the APPI Pilates Method.

The APPI (Australian Physiotherapy & Pilates Institute) Pilates Method developed and modified Joseph Pilates’ original movements for use in the rehabilitation setting. The APPI have analyzed all 34 traditional Matwork exercises, and broken them down into a step-by-step guide from day 1 Pain, right through to elite level sport. Most importantly, every stage has a clinical reason as to why you would choose that exercise for your client.

[Read more about the APPI Pilates Method by turning over the page >>>](#)



# APPI Pilates



## ABOUT THE APPI PILATES METHOD

The Australian Physiotherapy & Pilates Institute (APPI) was founded in 1999 by Australian Physiotherapists Glenn and Elisa Withers. The APPI method presents the most current research relevant to Pilates and teaches a realistic framework of exercises to apply in the clinical setting. APPI Pilates Teacher Training courses are open to Physiotherapists and equivalent degree health therapists. The APPI curriculum has developed over the years to become one of the most comprehensive curriculums for any Pilates training organisation in the world. All APPI Pilates Teacher Training courses are written and delivered by qualified (or equivalent degree level) Physiotherapists. The Education Board meet quarterly to discuss new research and update content material.

## YOUR APPI CERTIFIED PILATES INSTRUCTOR

All Fully Qualified APPI Pilates Instructors have undergone comprehensive training with an internationally recognised Pilates Institute and successfully passed written and practical exams. To become an APPI Certified Pilates Instructor you must hold a Physiotherapy (or equivalent health degree). This prerequisite means that your APPI Pilates Instructor has undergone degree level training in the field of allied health. As part of their training your APPI Certified Pilates Instructor would have completed face-to-face hands on learning. This includes the participation of Pilates classes, assessment workshops, case study workshops, research reviews and lectures. Your instructor would have

Also completed home-based training including over 150 hours of self-practice, practice teaching, research review and participation of classes. On top of this your instructor would have completed a written and practical examination.

Only APPI Certified Pilates Instructors are able to use the international recognised APPI Pilates Logo. This is to provide you, the client the knowledge that your instructor has undergone their full training and passed all examinations.

## INTERNATIONALLY RECOGNISED

APPI Pilates Teacher Training courses are now delivered across 15 countries; Australia, New Zealand, USA, Brazil, UK, Germany, Spain, Portugal, Turkey, Greece, Malta, Ireland, South Africa, Israel, Norway).

## APPI PILATES DVD's

The APPI Pilates DVD range has been designed and is delivered by fully qualified Physiotherapists and APPI Pilates Instructors. Each DVD focuses on safe and effective Pilates exercises to challenge balance, mobility, stability and posture.

- ★ APPI Low Back Pain DVD
- ★ APPI Intermediate Matwork Pilates DVD
- ★ APPI Advanced Matwork Pilates DVD
- ★ APPI Pregnancy Pilates DVD
- ★ APPI Healthy Bones
- ★ APPI HealthyHIT

Speak to your APPI Pilates Instructor today about ordering your DVD. Alternatively you can order online at [www.unitehealth.com.au/pilates-products](http://www.unitehealth.com.au/pilates-products)

