



# How can Pilates help you?

**Pilates is a body conditioning exercise program that targets the deep postural muscles of the abdomen and spine.**

**It helps to improve overall central core stability and posture. It is a great form of exercise that can help reduce pain.**

Anyone can get involved. Pilates can help with improving general fitness, rehabilitation from injury, injury prevention and enhancing mobility for the elderly.



Scan here for more information on our services.



# Get Involved



## Pilates is available at:

### Battersea

Physio for All

40 Webbs Road, London, SW11 6SF

### Crystal Palace

Jubilee Stand, Crystal Palace Park

London, SE19 2BB

### Orpington

Central Court, 1B Knoll Rise, Orpington

Kent, BR6 0JA

### Sittingbourne

Unit 1a Grove Park Shopping Centre

Gadby Road, Sittingbourne, ME10 1TH

## How can pilates help you?



Improve Coordination



Reduce pain



Improve posture



Relieve stress



Improve balance and stability



Increase strength and flexibility

Get in touch or find out more about  
Vita Physio Services:



[vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)



[privatemskadmin@vhg.co.uk](mailto:privatemskadmin@vhg.co.uk)

