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Sent: Monday, 8 August 2011 10:54 AM
To: Steve
Subject: PHYSIO4ALL E-News: Pilates is for YOU!

Learn about how Pilates can help YOU! PLUS Special Offer - 25% off your next Initial Pilates Assessment!!

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PHYSIO4ALL E-News

Pilates is for YOU!

Pilates is a modified form of therapeutic exercise used by physiotherapists to assist in the rehabilitation and prevention of musculoskeletal injuries. Specialised Pilates equipment, many of which are spring loaded, may be used. A major focus is placed on developing “core stability” muscles, improving posture and facilitating optimal biomechanics.



SPECIAL OFFER!!!



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Pilates is suitable for people of all ages who have acute or chronic musculoskeletal injuries, post surgery and also pre-natal and post-natal women. People who have postural dysfunctions find Pilates helpful as it allows them to develop postural awareness, as well as increasing their strength and flexibility. Some general benefits you may experience from doing Pilates at PHYSIO4ALL include improved core stability, firmer and flatter stomach muscles, decreased likelihood of injury and general overall body conditioning.

Unlike many other Pilates classes, at PHYSIO4ALL our clients perform Clinical Pilates under close supervision by our trained physiotherapists who have professional and clinical experience. Each client is individually assessed so our physiotherapists can specifically design an individual Clinical Pilates program. This enables us to effectively manage your problem areas, allowing you to function in the most efficient way.

[Read some great testimonials for our Pilates Program!](#)

Download the following voucher, and receive 25% off an Initial Pilates Assessment with one of our experienced physios!

BOOK NOW on 02 9922 2212!

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