

# The Power of Pilates: Strengthening and Rejuvenating Through Weight Training



Weight training is often associated with lifting heavy dumbbells or barbells. However, there's a lesser-known contender in the world of strength training: Pilates. The Pilates techniques and principles will effectively challenge and strengthen muscles through use of weighted springs and multiple vectors that strengthen the bones. Pilates training provides a long list of benefits. Here are some of those benefits:

- **Resistance Training** - Pilates exercises incorporate resistance in the form of springs, bands, and the body's own weight collectively. By engaging in controlled postural movements against resistance, you will build muscle, strength and endurance simultaneously.
- **Core Strengthening** - One of the hallmarks of Pilates is the emphasis on deep core strength, which not only improves posture and stability but also enhances overall strength for daily activities and sports.

- **Bone Health** - Pilates, with its focus on weight-bearing movements and resistance, provides an effective means of supporting bone health, building bone matrix, and preserving skeletal integrity.
- **Muscle Strength and Function** - As we age, muscle mass tends to decline, leading to weakness, decreased mobility, and increased risk of falls. Weight-bearing exercises like Pilates help counteract this decline by stimulating muscle growth, improving strength, and enhancing overall functional capacity.



- **Joint Health and Mobility** - Pilates, with its emphasis on controlled movements and proper alignment, promotes joint stability, flexibility, and range of motion, enhancing overall joint health and function.

- **Improves Mental Health** - When we are strong and able



to do the things we enjoy, we feel better. Exercise in general is a proven method to improve mental health. Movement oxygenates our cells and releases the "feel good hormones" like dopamine, serotonin, oxytocin, and endorphins. Together the release of these hormones promotes the feeling of reward, dampens down feelings of pain, and increases overall wellbeing.

## Your Go-to Place: Paragon Pilates and Physical Therapy

Whether you are looking for general fitness, sport specific strength, or injury recovery, Paragon Pilates & Physical Therapy offers a wide range of mat and equipment classes, as well as one-on-one sessions to meet you where you are. We work with you to determine your specific goals, and design a program to meet those goals step by step. Founder and Education Director Cari Riis Stemmler has been working in this field for nearly 30 years. She and her team can effectively resolve a variety of conditions.

"We are especially adept at treating patients with stubborn, chronic injuries and dysfunction, uncovering deep, subtle issues that are often missed with traditional approaches, and ensuring a full recovery effectively preventing the return of pain and injury."

As a post-secondary education school, Paragon Pilates & Physical Therapy is also a leader in Pilates innovation and education. They offer Pilates teacher training workshops, as well as continuing education courses including Pilates anatomy, physiology, and how to work with various injuries.



Paragon Pilates and Physical Therapy is located in the Jerry's Foods Building in Edina. For more information, visit their website at [www.paragonpilatespt.com](http://www.paragonpilatespt.com) or call 952-405-9765.



5101 Vernon Ave S # 2A  
Edina, MN 55436  
(952) 405-9765  
[www.paragonpilatespt.com](http://www.paragonpilatespt.com)