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## Seniors to sport court, not to hospital

### **PILATES FOR SENIORS**

The basic aim of exercises for seniors is keeping natural functions of the organism, strengthening and developing them. We try to keep physical and psychical fitness to be able to perform everyday activities and to be self-reliant and live quality life until the advanced age.

Pilates is a developing exercise form. It is a system of exercises improving function of muscle control, body flexibility, strength and breathing function. Pilates exercises are aimed at working out the muscles of the whole body, especially deep abdominal muscles, backbone muscles and muscles of the pelvic floor. By putting emphasis on strengthening deep abdominal muscles as support for the spine, there is less strain on the spine.

All motion comes out of the centre of the body. For the elderly we always choose simple exercises coordinated with midriff function.