

Physiotherapy led Pilates & Fitness

# Pro-align

Health & Lifestyle Coaching

**How Pilates has changed my life in just 1 class a week...**  
Nicki from Roseville has been practicing Pilates following several episodes of debilitating back pain. Not only can she now move pain free and with ease but has also recently worked on house and garden renovations with no repercussions.



**How long have you been going to Pilates?**

Gosh, could be as long as 15 years.

**And have you been going continually all that time?**

Well no. I first started going to Pilates classes because I had hurt my lower back and X-rays showed I had degeneration of L4 and L5. I couldn't garden or do anything strenuous without suffering for days afterwards. I went from group to group trying to find classes that were enjoyable and not boring and repetitive.

**How long have you been with the present group?**

**And what makes this group different to the others?**

I've been with this Pilates group for the last 10 years. What makes this group special is that all the instructors are trained physiotherapists so if any one of us has a problem with a hip, shoulder etc they will give you a modified exercise or if it sounds more serious suggest a private session with a physiotherapist. You know you are in the best hands: with people who have the expertise and who genuinely care.

**Why do you keep going to Pilates?**

Flexibility, strength, balance and ultimately stamina. I get out of bed in the morning quickly and easily, I can turn around to look over my shoulder in the car, sneeze and cough without an 'embarrassing moment' and as some in the class say they can get on and off the floor easily to play with their grandchildren.

The classes are fun and varied and I am constantly learning something new about how my body works. If I can maintain good balance and mobility then I can enjoy life and living. That is what Pilates is all about to me. I now love going to the classes as they make me feel so much better about myself in so many ways.