



# THE STANDARD

## Training that tummy

**PREGNANT WOMEN** don't have to swear off exercise for nine months. Pilates offers both mothers-



to-be and new moms that gentle workout they need as it is based on controlled motion, reducing the risk of jerky movement and overstretching the ligaments and joints.

Prenatal Pilates centers on strengthening core control muscles and directing blood flow and oxygen to the abdominal region to nourish both mother and baby.

Postnatal Pilates focuses on muscles of the lower abdominal region and pelvic floor. This creates a muscular "corset" to support the spine and relieve tension arising from repetitive movement.

Iso Fit is offering both pre- and postnatal Pilates in studio or group sessions. Trial classes are free and include a studio introduction and body assessment.

**Where:** 8/F, Yu Yuet Lai Building, 43-55 Wyndham Street, Central. Tel: 2869-8630.

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