

PILATES

Mat Pilates provides benefits for fitness, strength, balance, flexibility, cognition, mental wellbeing and sleep.

The Pilates method is a mind-body exercise that combines strength, flexibility, muscular control and balance exercises.(1-4) It focuses particularly on the muscles of the lower back and pelvis which are very important to maintain activities of daily living.(3, 4) Pilates exercises can be done on a mat or using apparatus.(5) Mat Pilates is performed on the floor and accessories like rubber bands or Swiss balls may be used.(3, 5)

Pilates has been shown to have a medium impact on improving cardiovascular fitness, leg strength, hip and lower back flexibility, balance and functional mobility and may improve upper limb flexibility. (6-9) It can have a good impact on reducing the risk of falls in older people and has been shown to reduce feelings of fatigue and increasing feelings of energy.(10, 11) Pilates has also been shown to help reduce symptoms of anxiety and depression and can have a positive impact on quality of sleep.(11-13)

Guidelines

The UK Chief Medical Officers' and the World Health Organization guidelines:(14, 15)

- In addition to cardiovascular physical activity, all adults should also do muscle-strengthening physical activity:
 - On at least 2 days each week
 - At moderate or greater intensity
 - Involving all major muscle groups
- New to exercise? Start by doing small amounts and gradually, over time, increase how often, how intensely and for how long you exercise.
- For those age 65 years and over, be as physically active as your abilities allow and adjust how much effort you put into physical activity based on your fitness and strength levels.

GOLDSTER★ Points and Evidence Levels for this Activity

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Medium	2	In people aged 60 and older, mat Pilates has been shown to have a medium impact on improving cardiovascular fitness, leg strength, hip and lower back flexibility, dynamic and postural balance, and functional mobility and may improve upper limb flexibility. (6-9) It has been shown to have a strong impact on reduce risk of falls.(10) In adults, mat Pilates has been shown to have a medium impact on reducing feelings of fatigue and increasing feelings of energy.(11)	Systematic review	Moderate, High Low
Cognitive	Medium	2	In women aged 60 and older, Pilates has been shown to be associated with a medium impact on aspects of cognition including verbal fluency and executive function.(2)	Systematic review	Moderate
Emotional	Medium	2	In adults, Pilates has been shown to have a medium impact reducing symptoms of anxiety and depression and can have a positive impact on quality of sleep.(11-13).	Systematic review	Low

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