

feel energised... vibrant and inspired



Pilates for life
with elizabeth marks

Liz Marks
APPI Pilates

01273 495911
liz@elizabethmarks.co.uk

Stretch

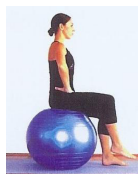
Stabilize

Strength

Benefits of Exercising on the Swiss Ball

- **Improves** your posture.
- **Improves** the stability of all your major joints.
- **Improves** your body awareness in a truly functional sitting posture.
- **Improves** your balance & co-ordination – especially important as we get older.
- **Improves** the strength of your back muscles, especially those that support the spine.
- **Improves** your muscle strength & tone in all directions of movement.
- **Improves** the strength of your important core stabilizing muscles.
- **Improves** your flexibility.

There is a high level of 'functional' carryover of strength gained on the Swiss Ball to everyday living. For example: gardening, lifting up groceries, picking up laundry, carrying heavy bags... the list is long!



**Exercising with the Swiss Ball
is a fun
and highly effective way
to exercise your whole body!!**

