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in the United States are able who reach age 90 are before, according to a number of Americans age he past three decades, to 000 in 1980, said a report

illion by 2050, according to ited States; 2006-2008." "I ster than predicted in the irector of behavioral and Institute on Aging, which folks over the age of 90 sion and retirement funds, elationships with younger erson who makes it to 90 ve almost another five on who lives to celebrate another 2.3 years.

improvements to nutrition moking, diabetes controls been major factors con- uzman said. The report, health and economic sta- based on the 2006-2008 t was released on the US

a for policy makers and whether to change the to 90-plus," said Wan He, a d author on the report. United States has general- or. Given the aging boom that marker may now be said, and it's important to ng the older population. 1 85-89, about 69 percent ch might include trouble limitation. At ages 90-94, percent. Other study find- opulation in the United with most earning a high ed to a number of factors, according to the report, lower mortality rates and rthumbered men by near- ort. Nearly 80 percent of ile more than 40 percent d," said. —Reuters



PILATES POPULARITY ON THE RISE

Liz Bready is a British Certified Instructor in Pilates. Liz shares her expertise with The Kuwait Times this week.

What is Pilates?

There are many different methods of Pilates. Stott Pilates, a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. Pilates is an exercise method, designed to strengthen and restore the body to balance. Based upon the anatomical understanding of the body's muscular and skeletal systems, the Pilates teacher creates a comprehensive exercise programme for the client. Classes focus on specific areas individually while using exercises that integrate the whole body to re-educate and restore it to optimum muscular and skeletal function. Osteopaths, physiotherapists and general practitioners recommend Pilates as one of the safest forms of exercise today.

What are the benefits?

There are so many benefits to Pilates. Mainly it increases core strength and stability.

Is it recommended for everyone?

Pilates can be beneficial for just about everyone, regardless of age or fitness level. If you have an injury or medical condition, ensure that you have permission from your doctor or medical practitioner prior to your first class. On occasions a specialist practitioner (doctor or physiotherapist) may refer you to a Pilates class.

How long will it take before you see results?

The average active person doing 2 to 3 classes per week should see some results within 12 classes. This will vary depending on each individual and other factors, such as the number of classes a person takes each week, whether they are private or group classes, whether they participate in other physical activities and whether they have any existing injuries.

Pilates exercises

There is a choice of exercising on a mat or a Reformer.

If you choose mat, most of the Pilates exercises are done lying on a mat using one's own body weight. Small equipment can be added, such as a stability ball to work on balance, co-ordination and

strength and a Flex Band and Fitness Circle to make exercises easier or more difficult. A couple of examples of the exercises are: Ab Prep, Swan Dive Prep.

How is reformer Pilates different from mat Pilates?

Some of the exercises deployed in mat Pilates are also performed with the Reformer. For example, the "Hundred" is done in both mat and Reformer Pilates. However, there are also exercises that can be done on the Reformer that cannot be done on the mat. For example, Feet in Straps is an exercise only designed for Reformer Pilates.

What do you suggest for newcomers to Pilates?

Start with a certified Pilates teacher. Ask to see a copy of their certificate and ensure they teach the basic principles of Pilates: breathing, pelvic placement, rib cage placement, scapula movement, stabilisation and head and cervical placement. These are key to performing the exercises safely and effectively. These principles help you to become more body aware and gain better results for your workout.

What should one wear to a Pilates class?

You should wear comfortable, non restrictive clothing. Footwear is not necessary

Summary of Benefits of Pilates

- Leaner muscles (less bulk, more freedom of movement)
- Improves postural problems
- Increases core strength, stability and peripheral mobility
- Helps prevent injury
- Enhances functional fitness; ease of movement, balances strength and flexibility
- Heightens body awareness
- No impact, easy on the joints
- Can be customised to suit everyone, from people recovering from injury to elite athletes
- Improves performance in sports
- Improves, balance, coordination and circulation

Interested?

If you are interested in taking a class you can email: balancedpilateswithliz@hotmail.co.uk or contact Fawzia Sultan Rehabilitation Institute on Tel: 25720338.