



UNLOCK YOUR POTENTIAL WITH PILATES

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DISCOVER THE  
6 KEY PRINCIPLES  
of  
*Health & Wellbeing*



**Pilates Evolved**  
INSPIRING WHOLE BODY HEALTH



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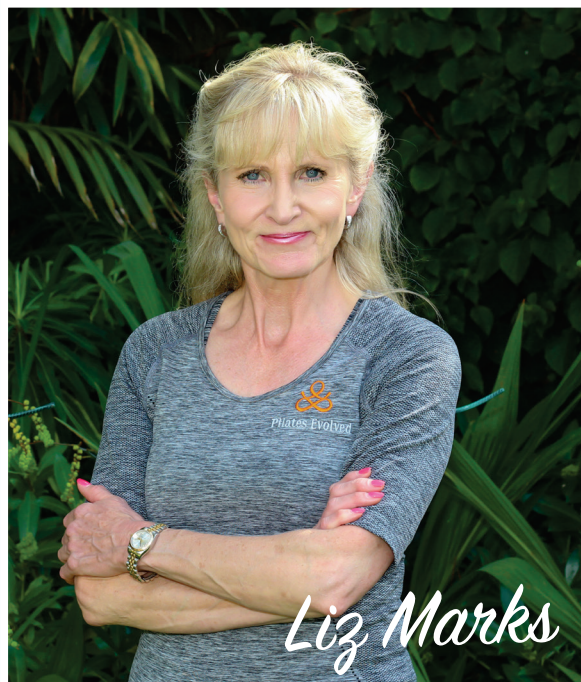
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Welcome and thank you for downloading my free report

# Discover the **6** key principles of *Health & Wellbeing*

You've taken the all-important step towards living a healthier  
and more vital, productive life.

At the end of this report, you will find my **free gift** :



Founder  
**Pilates Evolved**

## *Pilates Evolved* **Health & Fitness** *Consultation*

This special gift represents your starting point for  
leading a healthier life...

**Move Better, Feel Better, Live Better.**

If you would like to benefit from my **free gift**,

I would love to hear from you.

Give me a call on **01273 495911**

to arrange your

**Complimentary Consultation**

# Principle 1

## *Exercise Smarter, not Harder!*

There's no arguing that exercise is good for you, but it does put added stress on your body. Appropriate exercise is a positive stress though, which has many beneficial consequences that far outweigh the negatives.

We weren't designed to sit behind a desk for eight hours each day. To achieve better health, we need to get the body moving. Our hunter and gatherer ancestors would have been active for three-to-four hours each day, with long walks and short bursts of intense energy. If you exercise properly, 30 minutes is more than enough time to sustain optimal health and well-being. If you're just getting started, however, it's important you don't exercise too hard, too soon. Too much, or the wrong kind of exercise, can create a negative stress on your body. Over-exercising may prevent adequate recovery; reducing the benefits of that exercise, our ability to heal, and the effectiveness of the immune system. It is, therefore, important to find an appropriate exercise regime for your current health and fitness needs.

The *Pilates* method focuses on quality of movement. *Pilates* encourages an upright posture, a long spine and optimum alignment of the joints. Exercises are performed in fantastic form, with few repetitions before you give your body the chance to fatigue. It is this ethos on quality over quantity that gives *Pilates* the power to restore suppleness, strength and balance in all bodies.

*Pilates* is minimal-impact and can be customised for specific injuries and other pathologies. It is highly beneficial for increasing or restoring range-of-motion and function following an injury or an operation.

*Pilates* is the answer to exercising smarter and not harder!



# Principle 2

## *Eat Healthy Food for a Healthy Body*

The healthiest diet is the most basic: unrefined, unprocessed foods such as meat, fish, eggs, nuts, seeds, fruit and vegetables, and occasional grains and dairy – preferably all organic and as fresh as possible. Non-organic food is more stressful to the body as it contains a host of chemicals, from fertilizers and pesticides, to hormones and antibiotics.

The Pilates method creates strong, healthy bodies. The exercises flow from one to another in a dynamic fashion to encourage venous flow around the body. The positions themselves work on massaging the spine and the internal organs to promote healthy flow of nutrients, improved digestion and increased overall vitality.



# Principle 3

## *Maintain your Hydration Levels*

Our bodies are composed of roughly 75% water. Every cell relies on this to function correctly and it is essential for the transport of nutrients and elimination of waste. We live in an increasingly toxic world, so being able to remove these toxins, which would otherwise damage our bodies, is very important to our ongoing health.

The quality of the water we drink is vital. It looks clean when it comes out of the tap, but water quality does vary according to where you live. I recommend French bottled water, which contains natural minerals and is very low in phosphates (fertilizers). A filter jug is the next best thing.

When we drink tea, coffee and flavoured drinks, our organs need more water to process them. The irony is that rather than adding to our daily water intake, they undermine it. Ideally it is best to avoid these drinks, but if you must have them, be sure to drink more water alongside them to maintain your hydration levels.



# Principle 4

## *Learn to Breathe Correctly*

Breathing is something we do around 20,000 times a day. It comes naturally to us and we probably don't give it a second thought, but breathing is not just a means of getting oxygen into our bodies. Correct breathing, using the diaphragm, helps to pump fluid around the body. The diaphragm assists by working against gravity to return fluids from the lower extremities back up to the heart and lungs and it is part of the system that keeps our spine stable.

Breathing also has an effect on the autonomic nervous system – breathe too rapidly, shallow or with the mouth and the sympathetic nervous system, and the 'fight or flight' response is switched on, impairing growth and repair. Breathe more slowly and the parasympathetic nervous system is stimulated, which helps us digest our food, grow, repair and relax.

*Joseph Pilates, founder of Pilates famously said:*

*“Above all, learn to breathe correctly”*

Breathing is a key principle of the *Pilates* method. We work with a deeper breath in *Pilates* to oxygenate and nourish all tissues of the body, to encourage restorative circulation and to ensure our deeper core of supporting muscles are working effectively.



# Principle 5

## *Balance your Circadian Rhythm*

Your daily sleeping and waking cycle is intimately linked with your health. A major lack of sleep resulting from the pressures of life, a new baby or jet lag can make us all feel pretty grotty. Long-term sleep deprivation, even by just a small amount each night, is detrimental to your feeling of wellbeing. The immune system

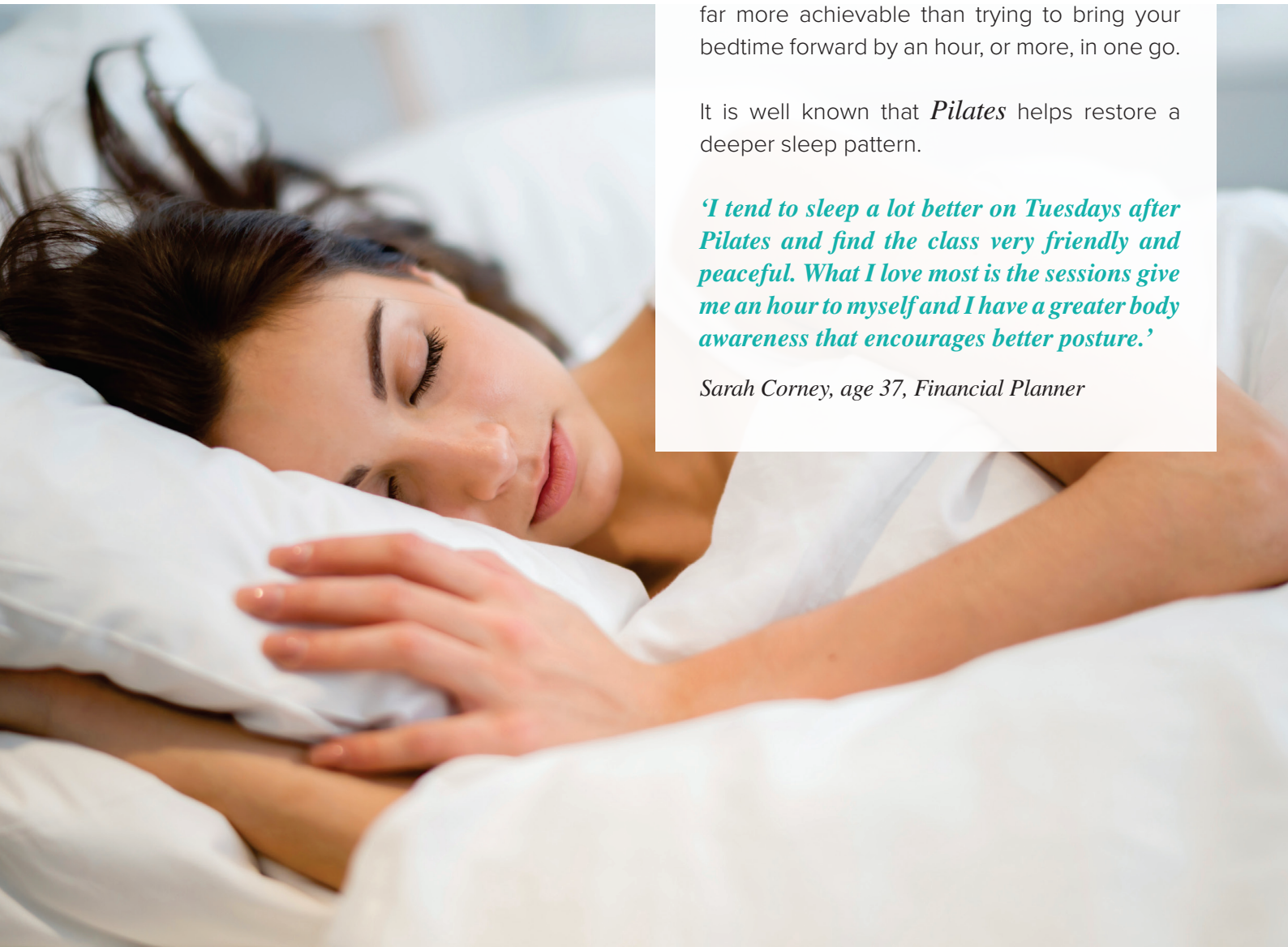
is compromised, hormones become out of balance and you are in a state of accelerated ageing and degeneration, i.e. you are getting older and wearing out more quickly!

A century ago the average person slept for ten hours a night – the average is now just seven hours. Importantly, our need for sleep has not changed during this time and this is another stress that our bodies now have to deal with. Try getting more sleep by implementing small changes over a long period of time; this is far more achievable than trying to bring your bedtime forward by an hour, or more, in one go.

It is well known that *Pilates* helps restore a deeper sleep pattern.

*'I tend to sleep a lot better on Tuesdays after Pilates and find the class very friendly and peaceful. What I love most is the sessions give me an hour to myself and I have a greater body awareness that encourages better posture.'*

*Sarah Corney, age 37, Financial Planner*



# Principle 6

## *Positive Thinking = Positive Feeling*

Negative thoughts have a profound effect on your body – specifically on the hormones you produce. These, in turn, affect your physical and emotional wellbeing. Unless the thoughts we are having are helpful in changing or resolving a problem they are at best non-productive, and at worst damaging to our long-term health. Try catching yourself in the act of having a negative thought and consciously try to change it to a more positive one. The more positive thoughts you have, the better your mental and physical condition will be.

*Joseph Pilates in his writings said that, “Physical fitness is the first requisite to happiness. Pilates invigorates the mind and elevates the spirit”*

It is commonly known that regular exercise can alleviate mood and restore vitality. *Pilates* is a form of mind-body exercise that requires focus and concentration. It keeps the mind sharp and can give you a significant boost to your emotional wellbeing.



## *A bit about us...*

Founded by Liz Marks, Pilates Evolved aims to empower each and every client to embrace their regular Pilates training as a way of life. We encourage you to take ownership to improve the way you feel, the way you move and the way you look, to experience long-lasting and life-changing benefits.

Liz's passion for wellness and exercise expertise give her a deep understanding of her clients' needs. She has a lifetime of experience working in health, fitness and wellbeing, all grounded by her background as a science graduate and her specialist knowledge of human physiology and movement. Liz is joined by expert Pilates instructors, Keri Lummis and Emma Marks, alongside Alan Dean, sports and functional massage therapist.

Regardless of your background, experience or level of Pilates knowledge, the team at Pilates Evolved will meet you with respect and guide you with humility, empathy and integrity. We are committed to being the best; we strive for excellence and we encourage you to do the same.



### ***Pilates Evolved Mission Statement:***

"To empower each and every client to embrace their regular Pilates training as a way of life, improving the way they feel, the way they move and the way they look. To bring the life changing benefits of Pilates to all, providing harmony, balance, strength and control with an improved joy of movement."

# Success Stories

"I have suffered from back pain for over 20 years. Many healthcare professionals have recommended Pilates to help strengthen my core and back muscles. My episodes of back pain are now few and far between, and of shorter duration thanks to my weekly Pilates classes. The classes are challenging whilst being fun and good humored. I particularly like Thursdays because it is my Pilates day of the week...if you're thinking about joining the classes, they're definitely worth trying- just do it!"

**Mark Eastell - Car Parts Advisor**

"I came to Pilates for posture training and to keep fit. The classes have given me more energy and improved my posture considerably. I enjoy the flow of the sessions and the combination of relaxation and concentration that Pilates brings. I have great confidence in my teacher; Liz keeps an eye on us all and delivers classes that are fun and varied every week"

**Hilary Livesey - Doctor**

"I came to Pilates after playing a lot of Hockey with a lack of core strength, and subsequently, developed a sore back. Pilates has helped to resolve this issue and I have also noticed an improved in my overall strength and body shape. I tend to sleep a lot better on Tuesdays after Pilates and find the class very friendly and peaceful. What I love most is the sessions give me an hour to myself and I have a greater body awareness that encourages better posture."

**Sarah Corney - Financial Planner**



"My Osteoporosis is what lead me to Pilates. I joined the classes to help with balance after three fractures. The classes have restored my confidence and wellbeing and have improved my upper body movement. The teacher is caring and friendly and understands my own shortcomings. For anyone on the fence about joining the classes, I would encourage them to try the 4 week beginners program to really get a taste for yourself of what the classes have to offer"

**Sue Middleton - Retired**

"I started coming to Pilates to resolve recurrent lower back pain. Within 6 months of 1:1 sessions the issue had resolved to almost zero, and any recurrence now eases with Pilates. 1:1 sessions with Liz have also greatly assisted me during injury rehabilitation of a hamstring tear. The sessions are challenging but friendly, and are totally geared to individual and current needs. I also find that since beginning Pilates I am more flexibility and able to cope with more physically demanding activities. I have recommended Liz many times- her approach is genuine and the sessions excellent. They have given me remarkable assistance with injury rehabilitation over the years."

**Nick Briody - Pilot**

*Pilates Evolved*  
***Health & Fitness Consultation***

This special gift represents your starting point for leading a healthier life...**Move Better, Feel Better, Live Better.**

**Complimentary Consultation**

This certificate entitles the bearer to a  
**FREE** Health & Fitness Consultation.

This is your opportunity to learn a smarter way to achieve your weight loss, health and fitness goals. We go through your health and fitness history and show you our step by step plan to get you back in shape, in as little as **12 weeks.**

If you would like to take up my **free gift**,  
I would love to hear from you.

Give me a call on **01273 495911**  
to arrange your Complimentary Consultation.

We look forward to meeting you and  
helping you get the results you want and deserve!

*Liz Marks*

Pilates Evolved