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Pilates DVD Invests in Results Not Time by [Glen Skinkle](#)

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Obesity is an ongoing battle for millions of people worldwide. It contributes to coronary disease, respiratory disorders, and diabetes. One amongst the first reasons people won't be successful with weight loss and also the battle versus obesity is since they may not get time to go to a gym or for a daily jog. The Pilates DVD and the Stott Pilates fitness circle permits clients the luxurious and privacy of exercising in their own homes according to their own schedules.

The Stott Pilates fitness technique began in the 1980s as an exercise technique designed by Lindsay and Moira Merrithew. In over twenty years from the start of the Pilates industry, more than 120 instructional exercise Pilates DVDs are in circulation now. Exercising is again made reachable to people who do not normally have time to exercise from these home DVDs. With the Stott Pilates methodology, you learn correct breathing ways, inner muscle strengthening, balance, posture, versatility, and total body understanding. The elegance of the system is the flexibility to complete the training at your own schedule, leading to good outcome in less time.

The Stott Pilates fitness circle, also called a magic circle or exercise ring, is an immensely common work out tool that allows the user an inexpensive and effective workout. The ring is made of flexible rubber or metal and is roughly thirteen inches in diameter with small pads on each side. This exercise tool provides light resistance exercising. As you become more proficient at the exercising, you can increase the intensity that produces faster outcome. The Stott Pilates fitness circle is lightweight and portable, making it ideal to take along if you are traveling.

Proper exercising with a Stott Pilates DVD in combination with a Stott Pilates fitness circle can help correct back and hip alignment problems. The most basic exercises emphasize right posture and balancing. The core exercises workout the core of the body, the abdomen. By building the strength of the abdomen, you reduce the strain on other body parts such as the back and hips. As you become more accomplished with the fundamental exercises and are prepared for a bigger challenge, advanced Pilates training focuses on making a long and slim body without the bulk often produced by repetitive exercises.

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Many people are embracing Pilates. It is a great form of exercise for both toning and strengthening the muscles throughout the body, as well as preventing injury and back pain. Visit a <http://stottpilatesdvdreview.org> to know more about a [Stott Pilates DVD](#).

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Stott Pilates DVD, stott pilates fitness circle, stott pilates fitness, stott pilates basic, best stott pilates DVD, stott pilates review