

September 2026 | Issue 01

MOVE MORE • FEEL STRONGER • LIVE WELL

Mobility + Strength
Why you need both

Three movements
to notice this week

The Better Body Edit

HIPS •
SHOULDERS •
SPINE •

Move Better
Why these three areas matter

Your 5-Minute
Mobility Reset

U is for
Understanding;
The Pilates A-Z

September Pilates
Spaces now
available

Editor's Note

Welcome to the September Edit

September is a great time to think about how we move.

This month we're focusing on three areas that are involved in almost everything we do: our hips, shoulders and spine.

From bending and reaching to walking, turning, lifting and simply getting comfortable, these areas need to be able to move, stabilise and work together.

Throughout this issue we'll look at why mobility matters, try a simple movement reset and explore how Pilates can help us become more aware of the way we move.



CHIEF EDITOR

Jo Everill-Taylor

Jo is a highly experienced Movement Specialist and has now been looking after people's health and fitness goals as an instructor for over 24 years.

Having suffered back problems after the birth of her children, she is determined to share her knowledge and experience to help you become pain free.

Find out more about our team.....

Hips, Shoulders & Spine

Blog Alert!

Pilates isn't just about what happens on the mat.

The strength, mobility, balance and body awareness you develop during Pilates can help you move with greater confidence in everyday life.



This is where the mobility trio of hips, shoulders and spine become the hub of our movement patterns.

Hips: Helping You Walk, Bend and Get Up

Shoulders: More Than Just Raising Your Arms

Spine: Bending, Turning and Adapting

[Read more here](#)

MOVE BETTER

- **Flexibility** → how much movement is available
- **Mobility** → how well you can actively control that movement
- **Stability** → your ability to control and support the movement

Pilates isn't simply about becoming "more flexible". It's about developing usable movement.

Hips

Mobility helps with walking, bending and getting up/down.

Shoulders

Mobility helps with reaching, dressing, lifting and carrying.

Spine

Mobility helps with turning, bending and adapting to different positions.



YOUR MONTHLY MOVEMENT

Your 5-Minute Hips, Shoulders & Spine Reset



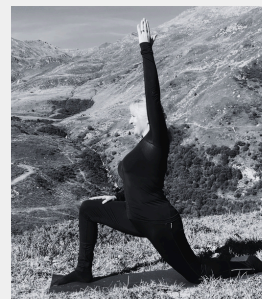
**1 minute — Spine
Cat Stretch**

**1 minute — Shoulders
Thread The Needle**



**1 minute — Hips
Inner Thigh Stretch**

**1 minute — Whole Body
Hip Flexor Stretch with
Arm Lift**



1 minute — Breathe & Move:
Combine the movements into a gentle flowing sequence.

Five minutes of movement is still movement. Save this page and come back to it whenever your body feels stiff.



U is for Understanding

This month we are homing in on gaining awareness of your body mechanics and alignment.

Remember Pilates isn't simply about copying an instructor's movements.

It's about gradually understanding:

- where your pelvis is
- how your spine is moving
- what your shoulders are doing
- how your hips are contributing
- where you're placing your weight
- how your breathing affects movement
- what feels different when your alignment changes.

Understanding gives you choice.

Once you become more aware of how your body moves, you can begin to make adjustments rather than simply performing an exercise.

Hold this thought in your next class and notice how your body responds to the exercises.....let me know!

YOUR BODY IN EVERYDAY LIFE

Three movements to notice this week



1. When you reach

Notice what happens through your shoulder and upper back when you reach for a shelf, hang washing or put something away.

Can your shoulder move freely without your ribs or spine doing all the work?

2. When you turn

Think about getting into the car, looking behind you or turning to talk to someone.

Does the movement come from your whole spine, or are you forcing the neck to do the work?

3. When you bend

Picking something up, gardening, tying your shoes...

Can your hips and spine share the movement rather than everything happening from your lower back?

Pilates isn't just something we do on a mat.

The real magic happens when we start noticing how we move through everyday life.

Try it this week:

Choose one everyday movement and simply pay attention to it.

Don't try to "fix" yourself. Just notice.

IN THE STUDIO

What's Happening in September

Well done to all of you who managed to squeeze in some summer school Pilates classes or kept up your practice with the Video Vault.

Our new term starts fully on the 7th September. All current class members have been sent a confirmation email- so please check your spam or junk folders if you've not seen it.

We have timetable updates. Unfortunately Helen moved over the summer holidays and can no longer commit to the Tuesday morning classes- but fear not as Susie has stepped in to keep these running and provide a smooth transition into the new term. Susie's Thursday morning Mixed Ability class is always fully-booked so you'll be in safe hands!

You can see the new timetable [here](#)

Any questions- then please message our lovely admin lady Vikki@betterbodytraining.com



Start your Pilates Journey....

Build strength. Improve mobility. Move with confidence.

**Therapy/Beginners Pilates Thursday
10.30am Hersham**

This class is particularly suitable for anyone experiencing back pain, arthritis, joint stiffness, osteoporosis or reduced mobility, as well as those who simply prefer a gentler, slower-paced approach to exercise.

The course will build your knowledge and execution of the basics of Pilates, with a focus on:

- Mobilising the back and improving overall movement
- Gently increasing joint mobility and flexibility
- Learning how to activate and strengthen your core muscles
- Understanding Pilates breathing patterns and how breathing supports movement
- Developing better posture, alignment and body awareness
- Working safely and confidently in different positions
- Building strength, stability and balance to support everyday movement

Your instructor will work with you to find the optimum alignment for your body, adapting exercises and helping you manage any problem areas.

Book a trial class [here](#)



MOVE MORE

FEEL STRONGER

LIVE WELL

Hips ▪ Shoulders ▪ Spine



BETTER BODY TRAINING

Keep Moving

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