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MOVE MORE ▪ FEEL STRONGER ▪ LIVE WELL

Equipment ideas to use at home

Your Framework for Better Movement

The Better Body Edit

PILATES ▪ STRENGTH ▪ CONTROL▪

3 Cornerstones of Getting Strong

Your 5-Minute Pilates Strength Challenge

V is for Variations; The Pilates A–Z

October Pilates Spaces now available

Editor's Note

Welcome to the October Edit
This month, we're turning our attention to strength — something I believe becomes increasingly important as we get older.

For me, strength isn't about lifting heavy or pushing ourselves to the limit. It's about feeling capable, supported and confident in our bodies, and having the strength we need for everyday life.

In this issue, we'll explore different ways to build strength through Pilates, focusing on good technique, control and making those muscles work effectively. Small, consistent efforts really can make a big difference. 💪



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.....

Pilates: The Framework Behind Better Movement

Blog Alert!

We often think of Pilates as a collection of exercises: the Hundred, Roll Down, Spine Twist, Leg Circles, Swan…

But what if the real value of Pilates isn't simply in the exercises themselves?

What if Pilates provides a framework for your improved movement?





Movement starts with the basics

Can I find a comfortable alignment?

Can I move the joint through the available range?

Can I maintain control?

Can I feel what is happening?

Can I coordinate my breathing and movement?

Can I gradually increase the challenge without losing quality?

Read more here

Now Let's Get Strong!

Once we have the correct framework in place we can think about how we add extra load into the body to improve our strength.

3 Cornerstones of Getting Strong

- **Challenge your muscles → Give your muscles a reason to adapt and get stronger — through resistance, body weight, weights or simply making an exercise more challenging.**

- **Be consistent →Strength develops over time. Regular practice, even little and often, is far more effective than an occasional hard workout.**

- **Move with control → Good technique matters. Controlled, purposeful movement helps you use the right muscles effectively and makes every repetition count.**



YOUR MONTHLY MOVEMENT

Your 5-Minute Pilates Strength Challenge



1 minute — Chest & Core

Pilates Push Up (any start position that is comfortable)



1 minute — Glutes and Legs

Squat + Calf Raise



1 minute — Back

Pilates Swimming



1 minute — Hips, Back and Core

Shoulder Bridge

1 minute — Whole Body

Leg Pull/Plank Variations









PILATES
A-Z



V is for Variations

One of the things I love about Pilates is that there isn't always one "right" way to do an exercise. The same movement can be adapted to make it more accessible, more challenging, or simply more appropriate for where your body is today.

A variation might mean:

- changing the position
- reducing the range of movement
- using a support
- or adding resistance.

Sometimes it's as simple as bending the knees, reducing the lever length or slowing the movement down. Other times, we might increase the challenge by adding a weight, resistance band or a more demanding position.

As instructors, understanding variations allows us to offer options without making anyone feel that they are doing a lesser version of the exercise.
An adaptation isn't a failure or a step backwards — it's simply a different way of achieving the same movement goal.

And for those of us practising Pilates, learning to choose the variation that works best for our body is an important part of becoming more confident and aware movers.
There's no prize for doing the hardest version — the best variation is the one that works for you.

Don’t Be Afraid of Strength Training!

When we hear the words strength training, it’s easy to imagine heavy weights and a busy gym — but it doesn’t have to be like that! Adding a little resistance to your Pilates practice can be a simple and effective way to help maintain muscle strength, bone health and confidence as we get older.





And remember you don’t need lots of equipment. Try adding resistance with:

1. Small hand weights
Even ½–1kg can make a difference.

2.Tins or water bottles
Everyday household items make great substitutes.

3.Your own body weight
Squats, bridges and Pilates push-ups can all build strength.

4.Resistance Bands
These stretchy bands allow you perfectly tailor the loading to your own personal needs.

The key is to start where you are, focus on good technique and gradually challenge yourself. Strength training isn't about lifting the heaviest weight you can — it’s about giving your muscles enough of a challenge to encourage them to get stronger.

IN THE STUDIO

What's Happening in October

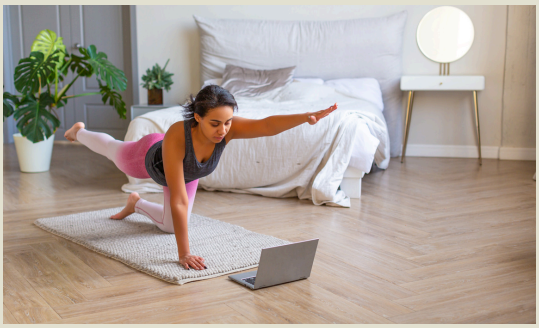
Want to build more strength with me?
Come and join my Online Pilates Club and make strength part of your regular routine!
There are 2 live sessions with me on Zoom each week.
Mondays 7.30pm and Wednesdays 10am.
You can do both or just 1- whatever works for your schedule.
You can read more here



Half Term

Remember there are no classes the week commencing 26th October 2026. Classes will be back to normal the week after and run right through then to the 18th December 2026.
Any questions- then please message our lovely admin lady Vikki@betterbodytraining.com

New Classes added to the Video Vault
There are now 2 new Mixed Ability classes on the Video Vault for you to use at home.
This On-Demand Library has a vast range of resources to help keep you fit and healthy without leaving the house. Included with our memberships or you can subscribe to it on it's own too.



You can read more here

Start your Pilates Journey....

Build strength. Improve mobility. Move with confidence.

Stretch & Strength Pilates Thursday 8pm Hersham

**Do do spend much of your day seated at your desk?
Then this is a great session to add to your weekly schedule.
Whether you're new to Pilates or just looking for a great way to move, strengthen and unwind after the day, you're very welcome!**

The class will help you:

- **Mobilise your spine**
- **Improve joint mobility and flexibility which can suffer when seated for long periods of time**
- **Learn how to activate and strengthen your core muscles**
- **Develop better posture, alignment and body awareness**
- **Build strength, stability and balance to improve everyday movement**

Our lovely, experienced instructor, Lisa, 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

BETTER BODY TRAINING

Keep Moving

Website | Socials | Booking