



ask the expert

Sandy Uffelman, owner

Written by **Sandy Uffelman**, Certified Pilates Instructor and Owner of Club Pilates Tanglewood

Can anyone do Pilates?

Pilates is for everyone, no matter their age or fitness level. Whether you're looking to improve your golf swing, keep up with the little ones, or simply move better, then Pilates is for you.

What are the benefits of Pilates?

Pilates offers improved posture, flexibility, core strength, as well as whole-body strength through a variety of resistance and balance-oriented exercises. Pilates tones and builds lean muscle. Because Pilates is low impact, it is naturally easy on the ankles, knees, and hips.

Is Pilates good for mental health?

All forms of exercise are beneficial to mental health. Pilates is extremely effective because of the mind/body connection it promotes. Pilates encourages engagement of the mind with muscles used to control movements and emphasizes concentration on breathing, which becomes very relaxing and leaves you feeling refreshed after a workout.

Can Pilates help with recovery from an injury?

Pilates is often recommended as post-rehabilitation for injuries to maintain and strengthen the affected area. Movements are controlled and low impact so it is possible to strengthen muscles with little risk of further injury when done properly.

What effects will I notice first?

Most people see improved posture first and find they slouch less and stand taller. Improvements in posture also typically yield a reduction in minor aches and pains including low back pain. Combined with a sensible diet, their clothes start to fit more loosely in pretty short order, as their core gets stronger. Joseph Pilates, the inventor of the Pilates Method, said, "In 10 sessions, you'll feel the difference, in 20 sessions, you'll see the difference, and in 30 sessions, you'll have a whole new body."



Interested in learning more about Pilates? Check out www.clubpilates.com/tanglewood or follow the QR code below. You can also contact Sandy or one of her staff members at tanglewood@clubpilates.com.

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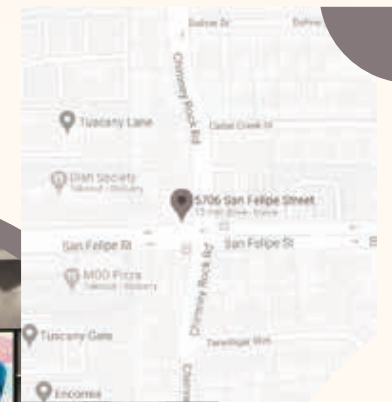
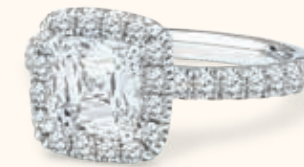
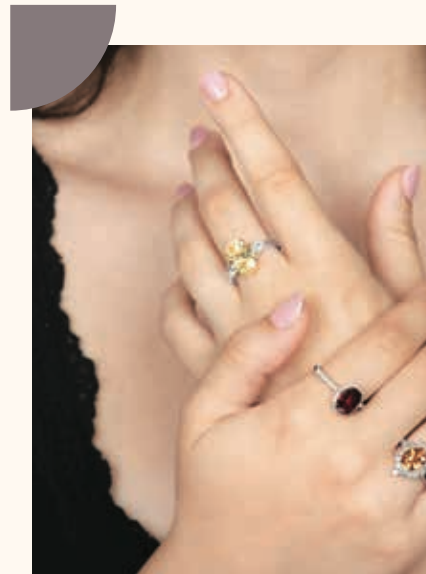
Shaftel Diamonds started in 1978 as a wholesale supplier of loose diamonds and precious colored gemstones, as well as a manufacturer of custom engagement rings and jewelry. Our commitment to excellence has served us well, and we've grown to become Houston's premier jewelry destination.

New Store

We are thrilled to announce that we are opening our NEW LOCATION in the heart of Houston's famed Tanglewood neighborhood at the corner of San Felipe @ Chimney Rock! Our doors will open this October just in time for the holiday season.

A better version of ourselves

As a family-owned and operated jewelry store, we have remained true to our founding principles to provide not only an amazing selection of loose diamonds and the finest quality jewelry, but offer real value and a wonderful experience for our retail guests. We are excited to open the doors of our new location, and step into the next chapter of our family's story.



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