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# BODY NEWS

BY ANGELA BEKIARIS

STAYING fit will make you a happier person! Exercise should be a part of your daily schedule – use our tips to see how.

## 10 Benefits Of Pilates While Pregnant

Pilates instructor Olga Rosenberg from Olinia Pilates explains the great benefits.

- It keeps you mobile.
- Maintains your strength.
- Allows you to stretch without over doing it.
- Relaxes your mind and body.
- Teaches you to be aware of the changes happening in your body.
- Focuses your mind so that you can concentrate on what you should and shouldn't do.
- You're aware of maintaining the correct posture whilst your body undergoes the changes through each of the trimesters.
- Being part of a group class, you don't feel alone and you have the support and care from a social aspect.
- Muscle has memory – your body will remember what you do during pregnancy. If that is moving properly then when you return after you give birth. The hard work has not been lost.
- Whether you give birth naturally or elected C-section your body is strong and supple. Your recovery will be easy and you will have the stamina and endurance to take of yourself and baby.

## 4 Reasons To Breathe Properly During Pilates

- Pilates deep breathing oxygenates your blood.
- It contributes to a healthy body and an elevated mind and spirit.
- Effective, conscious breathing expands your lungs fully with each inhalation.
- Cleanses and detoxifies your body.

## 3 Reasons To Stretch After A Pilates Class

- To lengthen the muscles and tendons so that the joints are able to move freely.
- To restore balance in the body.
- To feel energised and focused.

## 3 Belly Flattening Exercises To Do At Home

While your diet is the most important contributor to obesity, staying active is crucial as well. Here are three exercises to reduce stomach fat – and they can all be done in the comfort of your own home or neighbourhood.

- **Cardio:** Cardio exercise like running, dancing, walking fast, and kickboxing is a great way to burn calories. Anything that gets your heart rate going is good, but choose activities that challenge you too. Make it a goal to get 30 minutes of cardio at least four to five times a week.
- **Push-Ups:** Your 'core muscles' are those that hold you upright. They are the foundation of every single movement. And a strong core means a strong, taut tummy. Push-ups are one of the best core exercises because they require the engagement of nearly every muscle group, from your neck to your toes.
- **Big Leg-Muscle Work:** The muscles in your legs are big, and because muscle burns more calories than fat, building your muscle mass is a great way to rev-up your metabolism. Lunges, squats and step-ups are all perfect ways to get your legs stronger and your overall muscle mass up.



Sarah Michelle Gellar – seen here with husband Freddie Prinze Jr and daughter Charlotte – enjoyed Pilates when pregnant with her second child, who was born recently



Courtesy of [www.all4women.co.za](http://www.all4women.co.za), [www.olinapilates.com](http://www.olinapilates.com), [www.ivillage.co.uk](http://www.ivillage.co.uk) and [www.diet.com](http://www.diet.com)

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