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# 30 YEARS OF MINDFUL MOVEMENT

*By canfitpro staff*

Merrithew has, this year, been celebrating its 30th anniversary. Beginning in 1988 as a single Pilates studio in Toronto, the company has evolved into a global leader in mind-body exercise and education.

Unwavering in its mission to bring the benefits of safe and effective exercise to people of all ages and fitness levels, Merrithew credits strong industry partnerships with helping it expand, while also maintaining a reputation for excellence.

Co-founder and CEO, Lindsay Merrithew, acknowledges the value that collaborations have afforded the company. “We were fortunate to establish some incredible partnerships,

including with canfitpro, that helped set Merrithew on a path for growth,” he said.

To date, Merrithew has trained more than 50,000 instructors in over 100 countries.

In addition to its education programming, the company also provides quality equipment and accessories to fitness and rehabilitation professionals, fitness enthusiasts, studios, clubs, and athletic teams.

Merrithew’s extensive mind-body exercise education includes branded programs, STOTT PILATES®, Merrithew’s premier Pilates brand, STOTT PILATES Rehab, ZEN•GA®, Total Barre®, Halo® Training and CORE™ Athletic Conditioning & Performance Training™.

**“We are humbled and extremely grateful for our global community of enthusiasts, fitness and health care professionals, training centers, and equipment partners,” Merrithew says. “We’re celebrating our 30th year with gratitude and renewed enthusiasm for making effective and responsible exercise regimens available to more and more people.”**