

Q. I've tried Pilates a few times, and I'm not loving it. Does that mean that it's just "not for me"?

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A Before you give up on your Pilates journey, ask yourself why you don't enjoy Pilates. Sometimes it's not the actual activity that rubs us the wrong way, but it could be the environment, the instructor's energy, the type of class, or perhaps you aren't able to relate to the cues or the teaching style. Asking yourself these questions will help you identify whether Pilates is worth pursuing further.

Finding an instructor who breaks down and cues exercises clearly and simply while creating a flowing workout will help you reap the benefits of Pilates. Note that understanding a cue in Pilates is so personal. Sometimes all it takes is for an instructor to explain an exercise in a slightly different way, and all of a sudden you magically understand or feel it in your body the way you should. I remember the days when I didn't understand Pilates—I couldn't internalize it and didn't know how to connect my muscles properly. I was fortunate enough to find instructors who were able to teach me what it means to stabilize and engage correctly. A good teacher makes all the difference.



Sarah Jarvis is a Merrithew™ lead instructor trainer for STOTT PILATES®, ZEN•GA®, Total Barre® and Halo® Training. She has extensive experience in planning and implementing Merrithew educational programming and branded programs. Now a mentor to internationally

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