

## Colleene Knorek-Swolsky Opines on How Pilates Improves Muscular Strength

Written by Australian Business

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PERRYSBURG, OH, September 20, 2013 /24-7PressRelease/ -- [Colleene Knorek-Swolsky](#) enjoys sharing the perks of Pilates and instructing exercisers on how to properly perform Pilates movements, which is why she promotes a recent

[article](#)

in Haute Living. Colleene Knorek-Swolsky proudly promotes a few basic routines individuals can do in the comforts of their own home, although she is quick to stress the value of pilates sessions in studios and gyms, as they add accountability and proper supervision of form and alignment.

According to the article, "Pilates is a total body conditioning type of exercise that helps improve muscular strength, muscular endurance and flexibility. Pilates exercises are based on the following principles: Breathing, pelvic placement, rib cage placement, scapular movement and stabilization, and head and cervical placement." Colleene Knorek-Swolsky concurs, adding that classes help individuals gain a greater awareness of stability, mobility and correct postural alignment. "When you take a pilates class, you are putting an emphasis on balancing muscular strength throughout all parts of the body," she said.

The report notes that pilates is known to enhance body and spatial awareness through mindfulness exercises, a mental benefit that accompanies the many physical advantages: "It allows the body to feel the muscles involved in the exercise. Pilates is an effective complimentary exercise, especially for anyone who is undergoing physiotherapy or post rehabilitation treatments."

Colleene Knorek-Swolsky notes that while Pilates was once viewed as a workout routine exclusive to dancers and acrobats, it is now inclusive for people of all skill levels, and many people are beginning to see the benefits of the workout beyond the fat that it builds into body strength. "The physical fitness benefits are undeniable, but that is not all pilates has to offer," she said. "Pilates is known to help reduce stress and strengthen mental health in many ways. That's why I advocate this form of exercise to beginners and advanced fitness-seekers," Colleene Knorek Swolsky states.

Before starting any beginner, intermediate or advanced pilates workout, she encourages all exercisers to remember to stretch - even if it seems unnecessary. "Failure to stretch before a workout can result in serious injury, no matter what type of workout you are pursuing," she said. Knorek-Swolsky promotes spine stretching, a movement that helps to elongate the spine and builds core muscle strength while also improving posture.

"First, you want to stand against a wall and press your lower back, hips, shoulders and head

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against the wall," she said. "Stand with your feet spread apart and knees slightly bent. Don't forget your breathing as you roll your body toward the floor, leading with your head. Your shoulders should come down slowly and only your torso should be curled. Roll back up into standing position slowly while breathing rhythmically." Colleene Knorek-Swolsky notes that pilates is all about listening to the body and "moving at your own pace."

### ABOUT:

Colleene Knorek-Swolsky is a seasoned pilates instructor and physical therapist. She opened her own business after gaining experience as a trainer in several studios and currently serves as the president of The Movement Lab, located in Perrysburg, Ohio. She runs the Pilates Rehabilitation studio at The Movement Lab, and she utilizes her knowledge to help patients going through physical therapy. She is passionate about transforming the fields of physical fitness and health through Pilates.