

Do you know if you are ageing well?

Try the single-leg stand test. The duration and your ability to stand on one leg is a marker of healthy ageing.

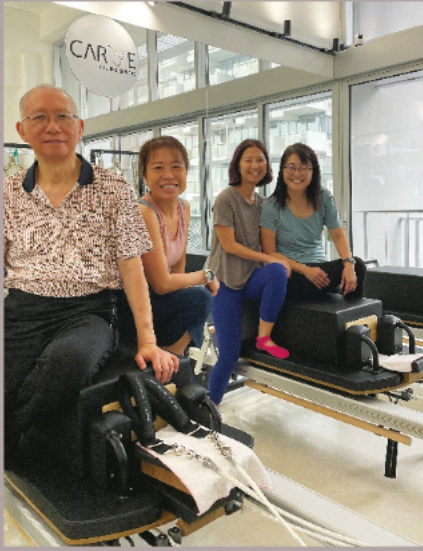
Power of Single-leg Stand? It boosts stability and prevents falls.



Frailty among older people within the community is expected to grow markedly from 5 to 6 per cent now to 27 per cent in 2030 as Singapore's population ages.

Source: The Straits Times, 22 Nov 2024

Growing Gracefully: Strengthening Single-leg Stand



Join our 6-week Introductory Programme designed to enhance your balance, prevent falls and support graceful ageing

Taught by experienced clinician and certified Pilates instructors, the benefits of the programme:

- Promotes anti-ageing benefits across all ages
- Improves weight management and muscle mass
- Increases quality of life with confidence and independence
- Targets specific muscle group for efficient strength development
- Protects and boosts joint health with low-impact strength training exercises

This is more than just a programme; it is a community where we grow gracefully together. Let's encourage each other as we embrace the ageing process and become the stronger and fitter versions of ourselves.



Programme Outline

Combining the fundamentals of barefoot science and the six principles of Pilates – Concentration, Control, Centre, Breathing, Precision and Flow – with a thorough understanding of biomechanics, our clinical team has developed this essential programme to introduce the basics of strengthening single-leg stand, the foundation for fall prevention.

- Recognising the Body's Centre of Gravity
- Strengthening and Sustaining Single-Leg Balance
- Uprighting Spinal Column from Neck to Lower Back
- Increasing Spinal Rotational Reach
- Building Firm Foundational Feet
- Improving Peripheral View

“CARVE Pilates Studio's programme has been transformative for me. Focused training on my hips and feet has improved my single-leg balance, while core and glutes engagement has increased my muscle mass in my 60s. I now confidently run errands independently, without needing a walking aid.”

– Michelle W.

Highly Recommended if You

- Have experienced a near-fall or are concerned about your risk of falling
- Want to take proactive steps to strengthen your body and prevent falls
- Are looking to reverse, delay, or prevent frailty and improve your quality of life
- Are a caregiver where physical strength is crucial to caring for others
- Wish to encourage an elderly loved one to exercise regularly alongside you
- Are 50 years old or older and have been considering a programme to become stronger and fitter

Suitability for the group class will be assessed based on your submitted registration form. As each individual is unique, in some cases, we may recommend starting with a private session before transitioning to the group class format.



Frailty increases vulnerability to falls, a major concern for older adults. Physical inactivity and sedentary lifestyles are primary contributors, leading to muscle weakness and loss of balance, both of which are crucial for preventing falls. The consequences of falls can be devastating, with long recovery times and significant medical costs.

If fall risk factors are not addressed, individuals may experience a loss of independence, reduced physical activity, and even depression, all of which negatively affect overall well-being.

Preventing falls becomes vital for maintaining health, independence and quality of life as we enter our golden years.



Start today and build from the feet up! Improve your balance with the single-leg stand!

Group Class and Equipment

In this class, you will develop a deeper mind-body connection by learning to listen to your body and understanding its needs. You will also become part of a supportive community that encourages you to overcome the fear of exercising, helping you to strengthen and improve your single-leg balance — one of the key components of fall prevention.

This is a mixed-level class, perfect for beginners or those new to Pilates. With a maximum capacity of six participants, you will have the opportunity to work with a range of equipment, including Merrithew® Reformer and Tower, strength-training weights and various exercise accessories. You will meet weekly as a group to build muscles, improve balance and strengthen your body from the ground up.

Fees

- S\$360 per pax for six one-hour sessions
- Refer a friend and both of you enjoy a 10% discount on the programme fee
- Sign up before 31 January 2025 to receive a complimentary pair of branded Naboso® Toe Splay valued at S\$47. The all-new Naboso Splay helps to restore a natural range of motion to your toes, improving foot function crucial for single-leg balance.

Schedule

- Every Wed 10am, starting 19 Feb to 26 Mar 2025 (dates inclusive); OR
- Every Fri 6pm, starting 21 Feb to 28 Mar 2025 (dates inclusive)

For more details about the programme, visit carvepilatesstudio.com



Secure your spot today!

Scan the QR code and register now to embark on a journey towards better balance and graceful ageing.

70 Shenton Way, EON Shenton, #09-03 Singapore 079118
+65 9653 3497 | support@carvepilatesstudio.com

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