



PRE NATAL PILATES - WELCOME!

Stability ball information

Thank you for attending the pre natal Pilates class. This short information sheet is to give you more details about some of the equipment we use. In class you have the option to use small pieces of equipment. Below are guidelines that need to be adhered to to maintain a safe and effective class. You have the choice of using the small equipment – or not – you will be given full instructions on their use. If you are not sure about how to use the equipment please let me know in class. Don't use anything that you are not happy with.

Small equipment we use...

STABILITY BALL:

- We sometimes use stability balls as they are a highly suitable piece of equipment and can also be used when you are in labour.
- It is highly recommended that you purchase your own ball. I will bring two different size balls with me and you are welcome to use them during class.

BALL SAFETY

- All balls used in class must be 'anti-burst'. Before you buy a ball ensure that the packaging states that it is 'anti-burst'.
- The anti-burst system ensures that if the ball ever has a hole it will deflate slowly and safely. Balls that do not state anti-burst do burst like a balloon! Remember your precious on-board bump; don't take any chances. If you bring your own ball to class you do so at your own risk.

BALL SIZE

- there are various reports of what constitute 'correct ball height', but below are the sizes I follow:

under 5 foot	45 cm
5 foot – 5 foot 7 inches	55 cm
5 foot 8 inches – 6 foot 3 inches	65 cm
6 foot 3 inches plus	75 cm

A ball with a wide base is more stable than a ball that has a narrow base. When you sit on the ball your knees should be at 90 degrees or slightly more – allowing the hips to be *slightly* higher than your knees.

SUPPLIERS

- www.willrun.co.uk 01772 252727. They offer a selection of balls in various sizes.
- The internet has a large supply of balls – choose wisely!

Above all the sessions are fun and informative – please let me know if there is anything else I can do to make the class better.

Cath_x

