

Winsor Pilates Review: Pros and Cons

Winsor Pilates is a popular fitness program around the globe, as such there are many who have tried, succeeded, and/or failed within its scope, below you will find several pros and cons. Hopefully this list will help you determine whether or not Winsor Pilates is something you would be interested in trying for yourself.

Whether a review of Winsor Pilates as a weight loss program has been a negative or positive review, without fail, most reviews mention the unparalleled excellence this particular program has in the areas of shaping and toning the body. This is important to remember when listing out your particular goals. If you are looking for this type of workout and these types of results then Winsor Pilates is by far, the best possible workout program for you.

Many of the pros include things such as utilizing an encompassing mind and body approach to fitness. By doing this you are combining some of the aspects that many find appealing in yoga for the mental aspect of fitness and distressing (which many claim that stress helps us reinforce the behaviors and choices that make us fat - by eliminating stress we are accomplishing more than we may realize towards our weight loss and fitness goals). Other pros include the focus on fitness. So many weight loss programs completely ignore the importance of physical activity in the weight loss process. Other pros are the muscle toning aspects, the quickness of visible results, strengthening of the abdomen and back, and renewed energy and overall sense of well being.

Common cons that are often mentioned about Winsor Pilates is the lack of exercises that focus on the arms, some claim that the overall costs are restrictive (I actually find quite the opposite to be true when compared to the many weight systems, resistance systems, and other pieces of exercise equipment on the market but that is just my experience), some find the instructions difficult to understand (this can be very true if you start out with the more advanced instruction that assumes knowledge of the basic moves), the fact that you must also diet in order to achieve the results claimed. Many people feel the program claims weight loss without dieting and that simply isn't true. Just as there can be little effective weight loss with diet alone, there will be very little effective weight loss with exercise alone.

The truth of the matter is that with the list of pros and cons, it still comes down to a matter of opinions. Yours is ultimately the only one that counts, so what is keeping you from trying out this near legendary weight loss system?

Source: <http://www.articlecircle.com>

About the Author

While Pilates has progressed throughout the years, at its core, Pilates is all about firming your body through several different moves. Action Pilates provides examples of different pilates exercises, and product reviews: <http://www.actionpilates.com>