



Pilates 4 Kidzz

Suzanne-Kelly

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Pilates 4 Kidzz Suzanne-Kelly

Introducing the children of the world to the magical benefits of the Pilates-based exercise method. This book is written in child friendly format, but can be utilized by the parents as well. We cover sections on child obesity and exercising to the basic anatomy (learnt while performing the exercises) to the children out there who are specializing in a certain sport e.g. Gymnastics, Golf etc. This is a must self-help book for the whole family and especially for instructors and PE teachers. With the Pilates Method assisting them in their daily lives - we hope they won't endure as many injuries to live with in their adult years.

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Steve Franklin:

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