

NHS Fitness Studio

Pilates for Beginners

<https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/>

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.

You don't need to have done any pilates before to do this video, which lasts for 45 minutes.

An exercise mat would be useful if you have one. Wear comfortable, loose clothing.

Yoga

<https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/>

Yoga focuses on strength, flexibility and breathing to boost physical and mental wellbeing. There's some evidence that regular yoga practice helps people with high blood pressure, heart disease, aches and pains (including lower back pain), depression and stress.

This 45-minute video is suitable for all fitness levels. The instructor, LJ, uses the vinyasa flow style of yoga, which places strong emphasis on connecting the breath with the yoga poses. LJ describes this as "meditation in motion".