

the BEHAN PROTOCOL

FOR BETTER BACK AND SPINE HEALTH

BENEFITS OF PILATES

**FLATTEN AND
STRENGTHEN
ABDOMINALS**

**PREVENT
LOWER BACK
PAIN**

**IMPROVE
POSTURE**

**PREVENT
INJURIES**

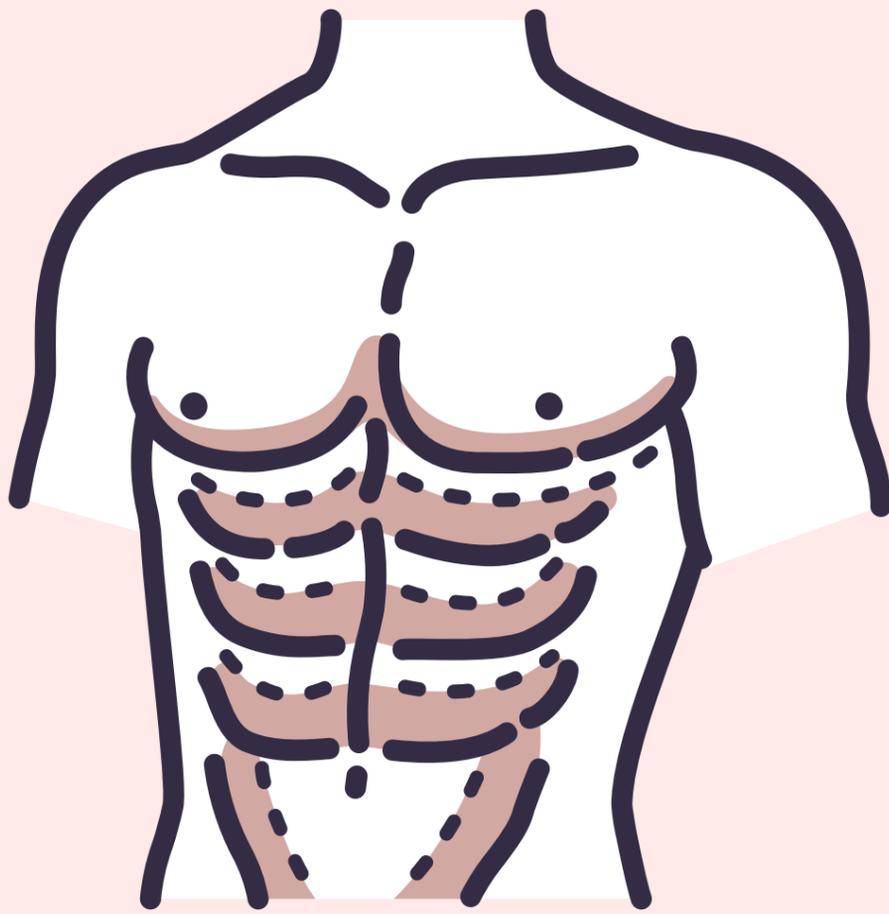
**ENHANCE
BODY
AWARENESS**

**BALANCE
STRENGTH
AND
FLEXIBILITY**

**IMPROVE JOINT
MOBILITY TO
ENHANCE
PERFORMANCE**

**IMPROVE
CONCENTRATION**

FLATTEN AND STRENGTHEN ABDOMINALS



**STRONG CORE IS BUILT
BY FOCUSING ON
IMPROVING BOTH
ABDOMINAL STABILITY
(THE DEEP INTERNAL
MUSCLES CLOSE TO THE
SPINE) AND STRENGTH
(THE MUSCLES CLOSER
TO THE
SURFACE....THINK 6
PACK ABS), AND THAN
BUILDING UP
ENDURANCE.**

PREVENTS LOWER BACK PAIN



YOUR SPINAL CORE IS EVERYTHING! IF THERE IS PRESSURE ON YOUR DISCS BECAUSE YOUR CORE MUSCLES ARE WEAK AND YOUR SPINE IS BEING ASKED TO DO THE WORK OF UNCONDITIONED MUSCLES THAN ALL MOVEMENTS WILL BE AFFECTED, EVENTUALLY RESULTING IN LACK OF MOVEMENT AND PAIN.

IMPROVES POSTURE

Good posture can improve the quality of your life. Here are 5 reasons why you need to take it seriously



Joint protection
Reduces wear and tear on joints. Less risk of developing arthritis in later life

the benefits of good posture



More energy
Less strain is put on the muscles, meaning the body uses less energy



Looking good
An important factor in appearing confident and attractive



Spine protection
Stops the spine being fixed in abnormal positions



Good for the back
Helps prevent chronic backache and muscle pain

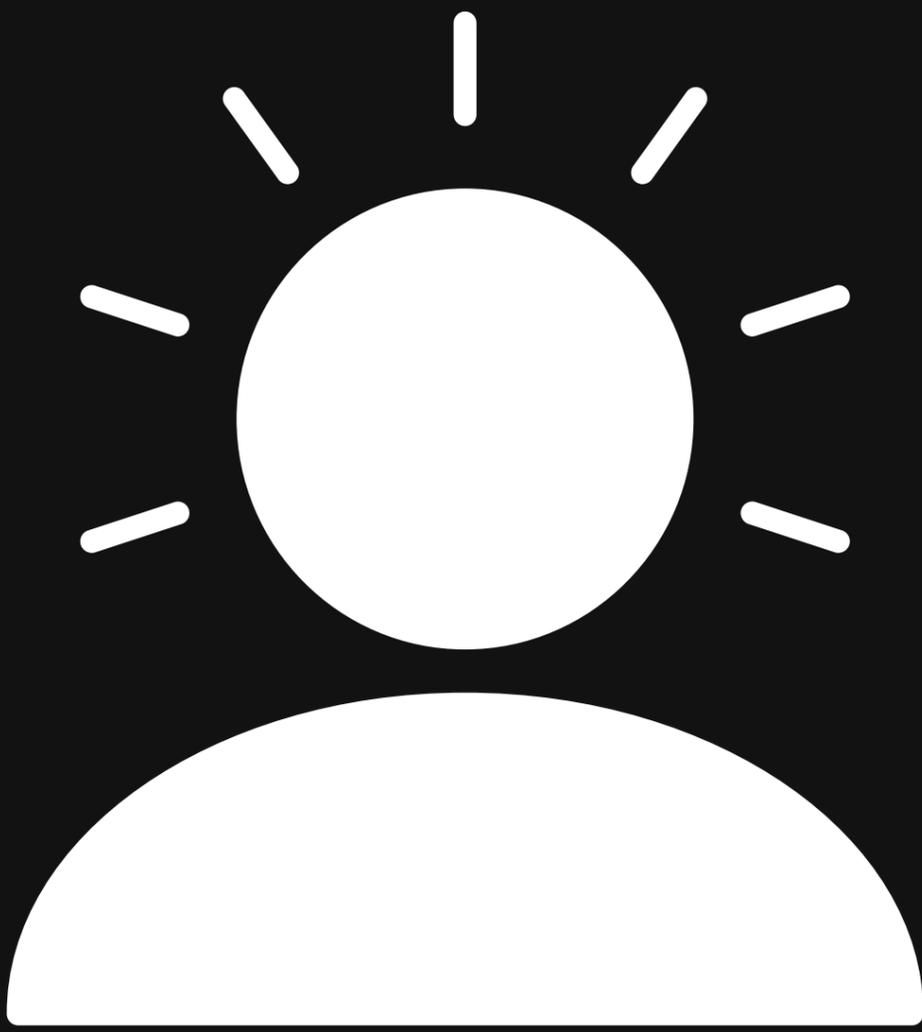
POOR POSTURE IS MOST OFTEN THE RESULT OF MUSCLE IMBALANCES (ONE SIDE OF THE BODY IS SHORT AND TIGHT AND THE OTHER SIDE IS LONG AND WEAK) CAUSED BY OVERUSE IN FAULTY POSITIONS AND LACK OF MUSCLE CONDITIONING. LEARN TO USE THE CORRECT MUSCLES AT THE RIGHT TIME TO MOVE YOUR BODY AND LENGTHEN TIGHT, OVERWORKED MUSCLES FOR RELIEF.

PREVENT INJURIES



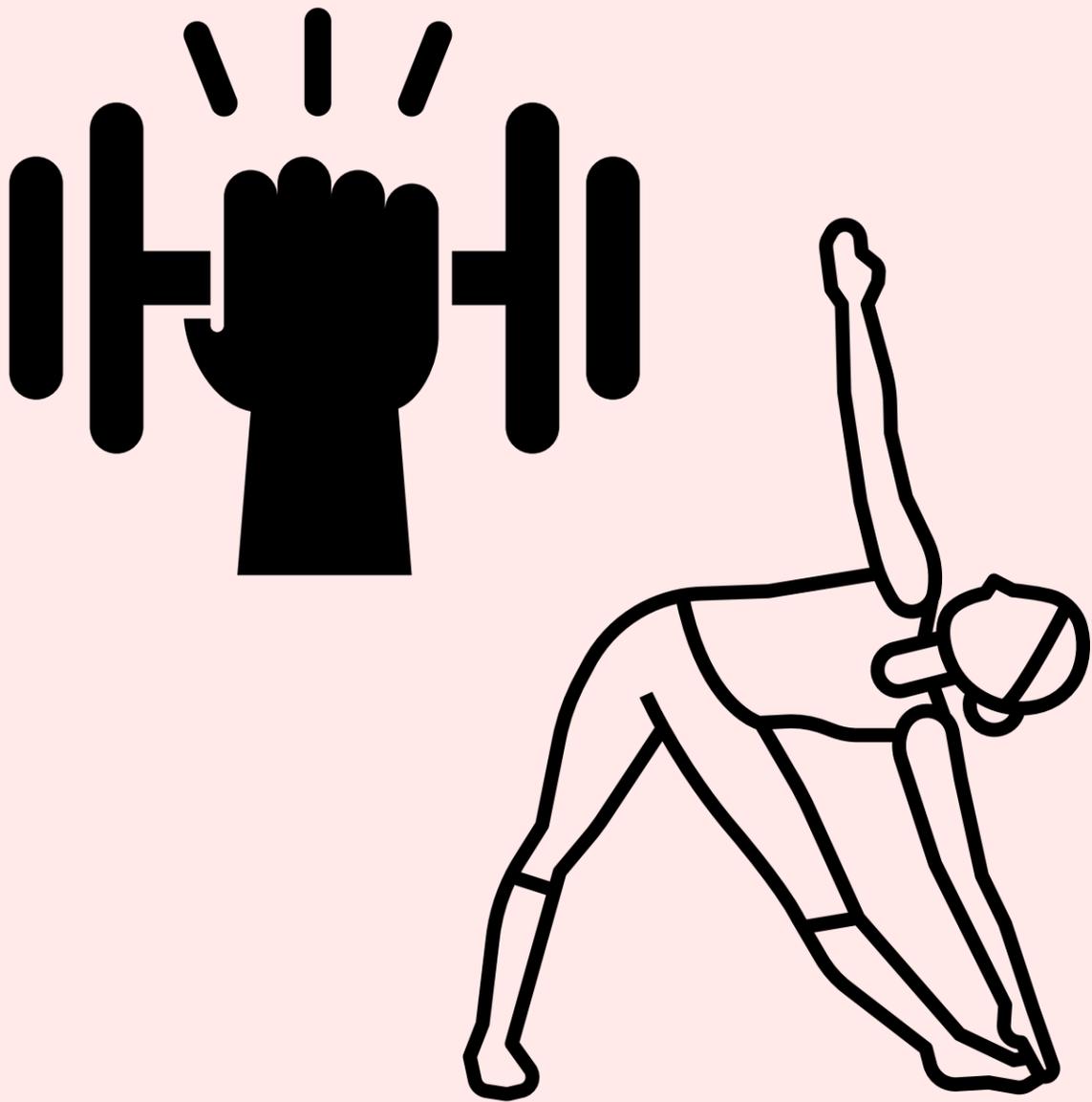
**EVEN THOUGH IT'S
EASY TO PRESUME
THAT WHEN WE'RE
MOVING, OUR
EXTREMITIES DO
MOST OF THE WORK,
THE OPPOSITE IS
TRUE: MOST
MOVEMENT STARTS
AT THE CENTRE AND
MOVES OUTWARD. A
ROCK SOLID CORE
WILL ENSURE THAT
YOUR MOVEMENTS
ARE STRONG AND
PAIN FREE IN ALL
RANGES OF MOTION.**

ENHANCE BODY AWARENESS



**BY CONNECTING AND
FOCUSING ON THE
BODIES DEEPER
SUPPORT SYSTEM,
THE CORE
MUSCULATURE, YOU
WILL LEARN HOW TO
MOVE MORE
EFFICIENTLY AND
WITH GREATER EASE.**

BALANCE STRENGTH AND FLEXIBILITY



**MOST OF US HAVE
OVERTRAINED THE FRONT
OF OUR BODY THROUGH
TOO MUCH SITTING AND
REACHING FORWARD
WHILE NEGLECTING THE
BACK OF OUR BODY
(POSTERIOR CHAIN).
ATTENTION IS GIVEN TO
REBALANCING THE
MUSCLES THAT SURROUND
JOINTS TO WORK MORE
EFFECTIVELY, REDUCING
THE CHANCE OF INJURY**

IMPROVE JOINT MOBILITY TO ENHANCE PERFORMANCE



**ALL ASPECTS OF
FITNESS WILL BENEFIT
FROM A STRONGER
CORE AND MORE
MOBILE
JOINTS....AGILITY,
BALANCE, POWER,
STRENGTH AND
SPEED....IMPROVING
YOUR ATHLETIC
DEXTERITY AND EASE
DAILY ACTIVITIES.**

HEIGHTEN CONCENTRATION



**REQUIRING
CONCENTRATION AND
CONSCIOUS ACTION TO
CONTROL MUSCLE
MOVEMENT, THE
HEIGHTENED FOCUS
WILL CARRY OVER INTO
EVERYDAY LIFE
STRENGTHENING THE
MIND BODY
CONNECTION**