

# The Ultimate Pilates Blog

## Better Posture in One Week with ACTIVCORE!

We have been pleasantly surprised with another benefit of [ActivCore](#): not only does it improve posture, but [ActivCore](#) improves posture fast!!! [ActivCore](#) features many exercises for better posture that are fun, challenging, and, of course, core strengthening as well! We noticed better posture on ourselves after one week, but we largely dismissed it because as [Pilates instructors](#), we work out all the time. However, after working with our own clients and talking to dozens and dozens of clients at our [Pilates studio](#), ([www.pilatesonfifth.com](http://www.pilatesonfifth.com)), the results are unanimous: with [ActivCore](#), posture improves after just one session!!!!

When we were kids and our mother constantly said, "stand up straight!" and "don't slouch!", we grew accustomed to thinking that good posture had everything to do with the degree of one's laziness and very little to do with muscle weakness. How wrong were we! (Well, we were kids after all!) For optimal posture, the muscles surrounding the shoulder girdle need to be strong enough to maintain that great posture without your conscious brain having to think about it all the time. And for us, and dozens of others at the studio, the pull ups in the [ActivCore](#) repertoire have been our secret weapon to better posture INSTANTANEOUSLY!! Who knew??

With [ActivCore](#) Pull Ups, you can perform different varieties, and the most striking feature is that you can completely adjust the level of difficulty to your own ability. Thus, we have eighteen year olds to 70 year olds doing Pull Ups at our [ActivCore](#) activation stations, and they all love it! One of our clients told us yesterday that she is "obsessed" with the [ActivCore](#) machines because she's never been able to work her upper body so effectively. Another client came to us after her first session and said, "Could one session have made my posture better?" And the answer is, yes!!! And with [ActivCore](#), all of us, Pilates instructors and clients alike keep coming back for more because with all the exercises you see results so incredibly quickly.

And for those of you who may not like Pilates because of the coordination required, look no further!!! [ActivCore](#) does all of this without requiring its practitioners to learn any fancy choreography. The ropes do the trick for you.

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