



## Pilates Equipment

### Why is the right equipment so important?

The simplest way to enjoy your classes in person, follow catch up classes online and to get the best results, is to have the right kit of your own. I use APPI equipment as it is of a good quality and is sourced and tested by its founders (physiotherapists) Glenn and Elisa Withers, who care about using eco-friendly packaging. My goal has always been injury and poor posture prevention and by using the right equipment the right way, you can ensure this is achieved. It is a lot less costly for your body and pocket than addressing musculo-skeletal (joint/muscle and bone) disorders down the line. Poor equipment long-term, especially head cushions, can affect your posture negatively while doing mat work exercises. To keep your neck in the correct alignment, and to prevent headaches and neck issues, I strongly advise using the head cushions listed below. They are foam based and supportive and do not give like a pillow or sofa cushion. I have used mine for 9 years without replacing.

### Buying equipment:

- Order through me via email and collect from Goring-on-Thames (no delivery cost).  
[vanessa@threepillarsofhealth.co.uk](mailto:vanessa@threepillarsofhealth.co.uk)
- Order online using the links on my products page

I am all for not buying stuff but as I'm still using the same equipment I bought in 2014, I think it is worth it.

### Home substitutes:

- Towels & sofa cushions
- Tennis balls
- Scarf
- Small plastic water bottles filled with water as weights

**Vanessa**