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THE *PILATES EFFECT*

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THE MORNING RESET

5 simple habits for better energy

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THE *PILATES* EFFECT

How one workout became an entire lifestyle.

By Charlotte Diemar



Inside a modern Pilates studio, reformers create space for strength and mindful movement. Photo: Courtesy of Balanced

MORE THAN A *WORKOUT*

Pilates has become more than just a workout. From boutique reformer studios to everyday wellness routines, its popuwlarity reflects a growing interest in movement that combines strength, flexibility, and mindfulness. For many people, Pilates is no longer just an exercise class. It's part of a lifestyle focused on feeling stronger, more balanced, and more connected to their bodies.

The low-impact, full-body workout has appealed to a wide range of people, from athletes to busy professionals, because it builds strength without strain. It challenges you physically, while also giving you a sense of calm and mental clarity.

Unlike high-intensity workouts, Pilates focuses on controlled movements, breathing, and proper alignment. Each exercise encourages people to slow down and become more aware of their bodies.

> "Movement is about feeling your best."

Part of Pilates' rise is also the community it creates. Studios often provide a welcoming space where people can focus on themselves, step away from their busy schedules, and reconnect with their health. The emphasis on intentional movement and proper form makes every class feel both challenging and rewarding.

Beyond the workout itself, Pilates has influenced fashion, wellness trends, and even the way people structure their daily routines. From matching sets to post-class matcha runs, it's clear that Pilates has become more than a fitness trend — it's a mindset. Unlike high-intensity workouts, Pilates focuses on controlled movements, breathing, and proper alignment.

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Post-class matcha, a popular wellness ritual. Photo: @livelikeitpilates

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A successful day often starts with a thoughtful morning routine. It doesn't have to be complicated. Small, consistent habits can have a big impact on your energy, mood, and overall well-being. From movement and hydration to a balanced breakfast, a morning reset helps you feel more focused and prepared for whatever the day brings.

For many people, the morning is a chance to prioritize themselves before a busy schedule takes over. Whether it's a Pilates class, a walk outside, or a few minutes of stretching, movement in the morning can boost energy and improve mental clarity. Coffee or matcha can help reduce stress and improve focus.

Creating a morning routine does not mean following a strict schedule or waking up hours earlier than usual. Instead, it is about finding small moments that allow you to feel more present and prepared for the day ahead. Simple habits, such as drinking a glass of water, opening the curtains to let in natural light, or spending a few minutes stretching, can make mornings feel less rushed and more enjoyable.

One of the most important parts of building a routine is making it realistic. While social media often highlights elaborate morning rituals, a successful routine should fit naturally into your lifestyle. Some people enjoy starting their day with an early workout, while others prefer a slower morning with breakfast, journaling, or a quiet walk outside. Taking time for yourself before the responsibilities of the day begin can also create a greater sense of balance.



A balanced breakfast for fuel. Photo: Courtesy of Adobe Stock



Starting the day right with movement and matcha. Photo: @ livelikeit-

A morning routine is also an opportunity to create a sense of calm before the day begins. Taking time to journal, set intentions, or simply enjoy a quiet moment with coffee or matcha can help reduce stress and improve focus. These small habits can make a big difference in how you feel throughout the day.

The key is consistency, not perfection. A morning reset looks different for everyone, but finding a few habits that work for you can help you feel more balanced, energized, and ready to take on the day.



A simple morning routine can help you feel more ready for the day. Photo: Courtesy of Adobe Stock

"A better day starts with a better morning."

THE BENEFITS

MORE ENERGY: Starting the day with movement and a nutritious breakfast can help you feel energized.

BETTER FOCUS: A calm, intentional morning gives you time to organize your thoughts and prepare for the day.

IMPROVED MOOD: Making time for yourself can help reduce stress and encourage a more positive mindset.

LASTING HABITS: Small, realistic routines are easier to maintain and can support long-term health.



Photo: Courtesy of Adobe Stock

5 STEPS TO A BETTER MORNING

1 MOVE YOUR BODY

Start with a short walk, stretching, or Pilates to wake up your body.



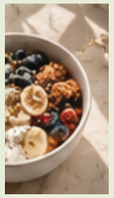
2 HYDRATE

Drink a glass of water to begin your morning feeling refreshed.



3 FUEL UP

Choose a balanced breakfast with protein, fiber, and healthy fats.



4 TAKE A MOMENT

Journal, meditate, or enjoy your coffee or matcha without distractions.



5 SET AN INTENTION

Choose one goal or positive intention to guide your day.

