

Caption n-1:

How to trim body fat in less than a month. ⚡

Perhaps you're a new mum, or you're recovering from an injury?

Maybe your office life has you feeling creaky and achy?

OR you just wanna exercise?

Don't worry, we've got your back (and every muscle group too)!

At Form+Movement Pilates, we offer Pilates attention and care to make sure the juice is worth the squeeze.

Come and experience an environment of positivity and support; schedule a session and get the change and love you deserve. Link in bio!

Caption n-2:

There's a **major** issue you might be running into that's suffocating your Pilates progress.

This issue minimizes your weight loss and causes you to actually gain weight even if you're exercising.

In fact, it's the same issue Bailey Brown had to check for before she melted her weight.

And it's hormonal imbalances. They lead to weight gain, bloating, and acne.

But you can fix this! By: a balanced diet, regular exercise, and adequate sleep (7-8 hours).

Tip of the day!