



## Article of the Month

### MUSCLE CRAMPS DURING A PILATES SESSION

#### *Say goodbye to muscle cramps with a simple boost to your diet!!*

Most Pilates clients have found themselves struggling through a pilates class with a muscle cramp one time or another, not knowing whether to leave early or stick it out. Ever wonder how you can avoid the annoyance altogether? When it comes to muscle cramping, a few small changes to your diet may help.

Everyone gets cramps; one of the most common causes of muscle cramping is sweating out electrolytes and not replenishing them. The essential electrolytes are sodium, magnesium and potassium, so making sure your diet has a healthy balance of all three can help prevent cramping. These are:

#### **HIGH IN POTASSIUM:**

All fruits and veggies, especially,

- Avocados
- Broccoli
- Peas
- Potatoes
- Tomatoes
- Bananas
- Kiwi fruit
- Mangoes
- Oranges
- Strawberries
- Watermelon

#### **HIGH IN MAGNESIUM:**

Whole grains including,

- Oatmeal
- Cereals
- Whole wheat bread

#### **HEALTHY SOURCES OF SODIUM:**

- Tomato juice
- Lightly salted pop corn
- Pretzel
- Baked tortilla chips
- Sports drinks

Dehydration is another cause of muscle cramping. Drinking plenty of water daily can help improve cramping pains too. Sport drinks aren't only for the athletes such as football or soccer players. Picking up a bottle of an electrolyte-rich drink can help improve the pain for Pilates students too. This can be an effective quick fix, but its best to ensure that you get plenty of electrolytes from the food you eat. a warning too, that muscle cramps are yet another reason to avoid fad diets. Low carb diets forbid some important highpotassium fruits, and super low-sodium diets can be dangerous for people who exercise and therefore sweat regularly.

Although cramping can occur any where in the body, the most common cramp for Pilates fans is in the foot. This is caused by clients getting use to gripping the bar on the reformer, trapeze table or any other Pilates equipment or the resistance bands with their feet. That's not surprising as each foot has 20 muscles. Learning to work through and strengthening them can take some practice.

**If you do get cramps. A recommendation of sitting for a while and resting.**

***"Stop and massage the muscle", will cure the pain.***

***"If your body is in pain, it's telling you something."***

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