



RISE PILATES

CONSCIOUS MOVEMENT - AGELESS STRENGTH

TRUE MOVEMENT MEDICINE

Welcome!

This isn't a diagnosis. It's a noticing exercise.

Read each statement and check what feels consistently true — not just on bad days. Many people live with these limitations for years without realizing their body is asking for support and change.

- ☐ I avoid certain movements because I don't trust how my body will respond
- ☐ I modify constantly — but don't feel more stable or confident
- ☐ I feel stiff, achy, or “rusty” when I first start moving
- ☐ My pain is persistent, no matter what.
- ☐ I feel weaker in slow, controlled movement

- ☐ Stretching brings temporary relief, but the issue always returns
- ☐ I feel compression, pinching, or pulling in my joints
- ☐ I brace my jaw, or breath, without realizing it. My shoulders are always tight
- ☐ I fatigue faster than I think I should
- ☐ My body feels unpredictable — good one day, aggravated the next

- ☐ I push through discomfort because I don't know what else to do
- ☐ I've been told “everything looks fine” — but it doesn't feel fine
- ☐ I don't fully trust my balance, strength, or coordination
- ☐ I've adapted my life around my body instead of the other way around
- ☐ I've accepted these limitations as part of aging or “just how my body is”

If you checked several boxes, nothing is wrong with you.

These are not failures.


They are adaptive strategies your body uses when it doesn't feel supported, regulated, or safely loaded.


Limitations aren't the problem. Ignoring them is.

At Rise Pilates, we don't override limitations. We work with them — using awareness, pacing, and precise movement exercises to restore trust and capacity. We help you strengthen what needs strength, and your constant tension and pain will subside.


If this check-in raised questions or relief, that's a meaningful signal.

We are here to help!

 1213 Luisa Street, Santa Fe, NM

 505-500-1152

 hello@risepilates.com

 www.risepilates.com