



## **About Us**

The Back4Good® Programme is a major new initiative from the Body Control Pilates group.

Body Control Pilates has been at the forefront of the Pilates Method since 1995, having pioneered the development of Pilates matwork internationally and, through Body Control Pilates founder Lynne Robinson, having built the public awareness of Pilates through books, DVDs and media appearances.

The international network of certified Body Control Pilates teachers now numbers in excess of 900, all of whom work to a Code of Practice governing teaching standards and professional ethics. All Back4Good Practitioners are also practising Body Control Pilates teachers.

For more information on Body Control Pilates, please go to [www.bodycontrol.co.uk](http://www.bodycontrol.co.uk).

The Back4Good® Programme was developed in conjunction with medical specialists and, as part of its government-backed accreditation, it was fully endorsed by three leading experts in the field of low back pain before being ratified by SkillsActive, who oversee standards and quality in this sector.

In developing and implementing the Back4Good® Programme, Body Control Pilates is proud to have developed a close partnership with BackCare, the national charity for healthier backs.