

1 SR108
2 170532-1
3 By Senators Whatley, Dial, Waggoner, and Ward
4 RFD:
5 First Read: 04-JUN-15

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8 URGING CERTAIN FACILITIES TO USE THE PMA
9 CERTIFICATION PROGRAM FOR PILATES INSTRUCTORS.
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11 WHEREAS, physical fitness and exercise are essential
12 to the health and well-being of Alabama citizens; and

13 WHEREAS, programs are designed to improve health and
14 fitness through exercise and physical activity; and

15 WHEREAS, Pilates is a fitness system program
16 designed to improve flexibility, build strength, and develop
17 control and endurance in the whole human body; and

18 WHEREAS, exercise professionals are encouraged to
19 meet certain standards that will provide consumer protection
20 and earn the confidence and respect of professionals; and

21 WHEREAS, certification programs are formal
22 accreditations designed to recognize Pilates instructors who
23 have met accepted professional standards; and

24 WHEREAS, the Pilates Method Alliance Certification
25 Program offers the only third party certification in the
26 Pilates field; therefore,

1 BE IT RESOLVED BY THE SENATE OF THE LEGISLATURE OF
2 ALABAMA, That all health, fitness, and wellness facilities
3 which offer Pilates use the PMA Certification Program as the
4 standard certificate for Pilates instructors at is respected
5 facility.