

1 SJR109
2 170533-1
3 By Senators Whatley 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 LEGISLATURE OF ALABAMA, BOTH
2 HOUSES THEREOF CONCURRING, That all health, fitness, and
3 wellness facilities which offer Pilates use the PMA
4 Certification Program as the standard certificate for Pilates
5 instructors at is respected facility.