[date]

Dear

I am writing in my capacity as a [citizen/patient/doctor/Pilates instructor], to ask that accredited Pilates instructors can resume helping their clients as soon as possible. I am requesting that accredited Pilates instructors be allowed to deliver private and small group studio Pilates classes, within the current social distancing guidelines.

Most people consider their health services to be essential for maintaining their physical and mental wellbeing (e.g., physiotherapy, myotherapy, osteopathy, chiropractic, Pilates therapy). Closing any of these services poses a serious risk to the health of many in the community. It could increase the burden on primary health care physicians and hospitals, especially if chronic health conditions and pain syndromes remain unmanaged and allowed to deteriorate.

There are many concerns about the physical and mental health of citizens as we exercise less and spend more time in our homes. I believe that the decision to keep accredited Pilates instructors from working with their clients could greatly aggravate these concerns.

To take an example, [talk about how Pilates therapy helps you/your patients and what would happen without access to Pilates therapy. Talk about how the absence of Pilates therapy could increase visits to GP/ specialist and or reliance on medication).

Thank you for your consideration of this letter. Please do not hesitate to be in touch if I may provide further details.

Regards,

[Your name and contact details]

The letter from our peak industry associations, Pilates Alliance Australasia (PAA) and Australian Pilates Method Association (APMA) is available here [[link](https://www.pilates.org.au/wp-content/uploads/NSW_a-sensible-approach-to-Pilates-therapy.pdf)].