**Pilates Association Australia** 

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**FOR IMMEDIATE RELEASE**

**Recognising the Value of Pilates Alongside Other Beneficial Therapies**

April 10, 2025, Sydney: The Pilates Association of Australia (PAA) enthusiastically welcomes the release of the Natural Therapies Review and applauds the recommendation by Professor Michael Kidd AO, Chair of the Natural Therapies Review Expert Advisory Panel, for the reinstatement of private health insurance rebates for several movement and natural therapies, including **Pilates**.

“We are thrilled that the outcome of the review is a recommendation that Pilates be reincluded for health fund rebates. We understand the enormous benefits of Pilates when delivered by our members, who are highly qualified practitioners. For six years, Australians have been unable to claim health fund rebates for Pilates. If the recommendations are accepted by the Health Minister, and adopted by the private health funds, this will mean enhanced accessibility for a wider range of Australians seeking the benefits of Pilates for various health conditions.”

This recommendation for re-inclusion highlights the significant health benefits that Pilates offers to the Australian community.

For the full letter of recommendation and the reports, please see: <https://www.health.gov.au/resources/publications/natural-therapies-review-2024-report-and-recommendations>

<https://www.health.gov.au/sites/default/files/2025-03/natural-therapies-review-2024-pilates-evidence-evaluation.pdf>

The Pilates Association Australia (PAA) is the peak industry body for Pilates in Australia. It is an independent, not-for-profit organisation established by the Pilates industry as an advisory body for regulation of quality instruction, member support and integrity within all legitimate approaches to the Pilates Method.

The PAA believes in an open approach to regulation and strives to ensure protection of the general public, industry employees and studios, whilst continuing to foster the original intentions of the Pilates Method. <https://www.pilates.org.au/>