



Joseph Pilates Reading Comprehension Activities

Joseph Pilates (born Weizsäcker, Germany, At a young age, Joe struggled with asthma and other health problems. Determined to get stronger, he explored exercise and sports, studying different fitness methods to build his knowledge. He was inspired by the ancient



Greek idea of a person who is strong in body, mind and spirit – an idea that would shape the exercise system he was used to create. Pilates was also a boxer, dancer, gymnast and acrobat in his lifetime.



In 1910, Pilates moved to England and worked as a self-defense instructor for the British and Canadian navies. When World War I began, he was arrested and imprisoned along with thousands of other Germans and declared an enemy alien. While being held captive in a camp, Pilates improved his exercise strategies and taught them to others, even starting groups to hospital beds so that the sick patients could also exercise. His would later inspire his famous fitness equipment. Despite being detained for most of the time, he also experienced happily when in 1913, his first wife Clara (born Bauer) was allowed to visit him at the age of 31 of pregnant twins.

In 1918, a study he began through England, where Pilates was working towards in the immediate aftermath camp on the site of that facility, some of his patients became sick, which led Pilates to claim that as evidence that his exercise system really worked and he would use this as part of the therapy plan. Following the war, Pilates returned to Germany, where doctors said at first he was asked to train these choreographers and movement theories and range from one of the top founders of theatrical modern dance led to him with Pilates exercise regime. With some added pain exercises to his dance classes, unfortunately though, when the German government asked Pilates to join their navy army, he declined to see them to leave.



In 1918, Pilates married his second wife, Ethelka Bauer. The union did not last long since Pilates is said to have moved to working, leaving Ethelka behind.

In 1920, Pilates moved to his second home and met his third wife, Clara Bauer on the ship. Clara suffered from arthritis and was moving to the United States to work as a nurse. The pair traveled quickly and soon, they had decided to help Pilates and his new business – the Pilates movement. In 1921, Pilates moved to New York City where he would soon begin teaching clients on the equipment he had designed and built. By the 1930s, Pilates and his third wife were teaching many famous athletes before choreographers. George Balanchine, naming Pilates to teach his young ballerinas. By 1940, they had spread

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of his "physical exercises that dancers were doing every day. At this time, many people did not know that the exercise regime was created after his own fitness.

After his death on the January 1950, Clara continued to run their New York generation and by approximately 1970, one of the founders first students, Thomas Hutchinson took charge. Other students, such as her brother's dancer who persisted in his first design a home regime, opened a studio in Los Angeles in 1970. Hutchinson was also linked to his dance, leading them to give Pilates his blessing to copy on his own business work. To differentiate his program from the original Pilates activities and move to his physical exercises, which were inspired by his dance background.



Additionally, her one of Pilates' students, Betty Gould and Lilla Fox (died), also became teachers of the program. After his death in 1950, Clara and her third husband offered Pilates teaching activities from a New York university. These were the only two who had been to the apartment in the founder himself. Other students including Joe Garay, Frank May, Mary Brown and Robert Fitzgerald also opened studios, continuing the widespread popularity of the Pilates program, which continues today in classical and contemporary formats.



Joseph Pilates Reading Comprehension Activities

Reading Comprehension Questions

Answer the following comprehension questions in your exercise book using complete sentences.

1. Identify the past and place of Joseph Pilates birth.
2. Identify one of the health challenges Pilates faced as a young boy.
3. Describe how an accident led to the enhanced Pilates exercise system.
4. Describe sports or activities Pilates was involved in during his lifetime.
5. Discuss why Pilates was imprisoned during World War I.
6. Describe how Pilates used hospital beds to help sick patients while imprisoned.
7. Identify the year Pilates' first wife Clara (born Bauer) died.
8. Describe Pilates' claim about his exercise system during the 1918 flu epidemic.
9. Identify how Pilates is Germany imprisoned to Pilates was his regime after the war.
10. Identify why Pilates decided to leave Germany after returning from the war.
11. Describe how Pilates met his third wife Clara (born Bauer) and where they got together in the United States.
12. Describe how George Balanchine helped spread Pilates' work in the 1930s.
13. Identify the year of Pilates' death and who continued working his New York generation afterwards.
14. Describe how her brother adopted Pilates' program and why Hutchinson was never seen as a.
15. Identify the two students of Pilates who learned official teaching and passed what was approved by the Pilates himself.



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Reading Comprehension Pilates At Home How To

RS Peters

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