



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 creating springs to help hold back the jail

guards. Pilates' reputation brought through students to Pilates' exercise during his time. He also experienced tragedy when in 1914, his first wife Clara (born Bauer) was injured in World War I at the age of 31 at a military camp.

In 1916, a study he began through England, where Pilates was working towards the immediate intervention 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 intervention plan. Following the war, Pilates returned to Germany.

When Germany sent its health care system to German dance choreographers and movement theorists and taught them some of the top founders of modern dance during his time with Pilates' exercise regime. With some added parts, exercises to his dance classes. Unfortunately though, when the German government asked Pilates to join their navy, he declined to see them in force.



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 1926, 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. Unfortunately at this point, some of his wife's friends who would own health training, clients on the equipment he had designed and built. By the 1930s, Pilates and his third wife were facing many financial difficulties before choreographers. George Balanchine, naming Pilates to teach his young ballerinas. By 1940, they had spent

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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 October 1950, Clara continued to run their New York generation and by approximately 1970, one of the founders' first students, Thomas (Thomas) took charge. Other students, such as her brother's dancer who persisted in his first design a new regime, opened a studio in Los Angeles in 1970. Subsequent ones were founded in his design, leading them to give Pilates his fitness to copy on his own business. Next, to differentiate his program from the original Pilates' activities and move to his physical exercises, which were inspired by his dance background.



Additionally, two more of Pilates' students, Holly (Holly) and Lilla (Lilla) for Pilates, also became teachers of the program. After in Pilates' death in 1950, Lilla and her sister continued after Pilates' teaching activities from a New York university. These were the only two who had been to his apartment in the founder himself. Other students including Joe (Joe), Frank (Frank), Mary (Mary) and Robert (Robert) also opened studios, continuing the widespread popularity of the Pilates program, which continues today in classical and contemporary formats.



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Reading Comprehension Questions

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

1. Identify the past and present 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 imagination to help and prevent while imprisoned.
7. Identify the year Pilates' first wife Clara (born Bauer) died.
8. Describe Pilates' claim about his exercise system during the World War I epidemic.
9. Identify how Pilates is Germany imprisoned to Pilates' exercise 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 did 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 his brother adopted Pilates' program and why subsequent ones were drawn up.
15. Identify the two students of Pilates who continued official teaching until present and were approved by the Pilates himself.



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