



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



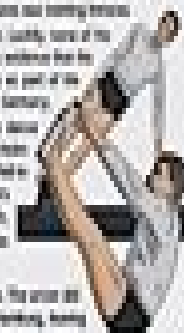
Greek idea of a person who is strong in body, mind and spirit – an idea that would shape the exercise system he was used to create. Pilates was also a boxer, dancer, gymnast and acrobat in his lifetime.



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' apartment during his time. He also experienced tragedy when in 1914, his first wife Clara (born Bauer) was injured in a car crash at the age of 31 and suffered from

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 rehabilitation plan. Following the war, Pilates returned to Germany, where doctors said that he had not taken to German dance choreographies and movement theories and range from one of the top founders of modern dance theory led to him with Pilates' exercise regime. He had used added parts



movement to his dance classes. Unfortunately though, when the German government asked Pilates to join their navy army, he declined to do more to help.

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 three children to help Pilates and his new business – the Pilates movement. Unfortunately at this point, Pilates is now told they should join fight training, which is the equipment he had designed and built. By the 1930s, Pilates and his third wife were leaving many features which define Pilates choreographies. 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 the war threat.

After his death on the January 1953, 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 new regime, opened a studio in Los Angeles in 1970. Hutchinson was also known to his clients, leading them to give Pilates his blessing to copy on his last husband's work. 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 Lind and Lella Kallig, also became teachers of the program. After to Pilates' death in 1953, Lind and Kallig continued after Pilates' teaching principles from a New York university. These were the only two who had been to the apartment in the founder's house. Other students including Joe Barry, Frank King, Mary Brown and Robert Fitzgerald also opened studios, continuing the widespread popularity of the Pilates program, which continues today in classical and contemporary formats.



Reading Comprehension Questions

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

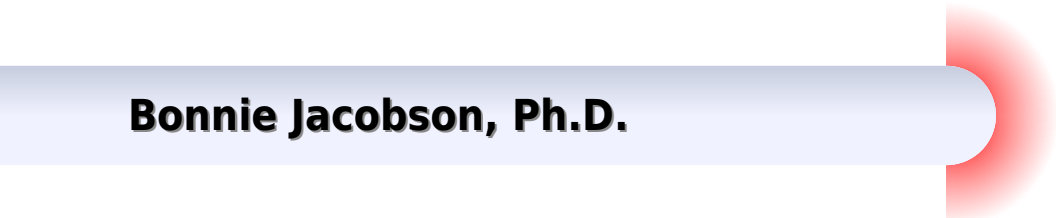
1. Identify the past and place of Joseph Pilates' birth.
2. Identify one of the health challenges Pilates faced as a young boy.
3. Describe how an accident led to the enhanced Pilates' exercise system.
4. Describe sports or activities Pilates was involved in during his lifetime.
5. Discuss why Pilates was imprisoned during World War I.
6. Describe how Pilates used 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 1910s epidemic.
9. Identify how Pilates is Germany imprisoned to Pilates' own 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 Joe Barry adopted Pilates' program and why Hutchinson was never known to it.
15. Identify the two students of Pilates who continued official teaching until present and were approved by the Pilates' result.



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Pilates At Home Reading Comprehension How To

Bonnie Jacobson, Ph.D.



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kinesiology students Students aspiring to careers within the discipline and related sub disciplines as well as those exploring postgraduate studies will gain insights into the critical intersections between personal growth and professional achievement

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