



## 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 in London's First Division, where 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 hospital beds so that the sick patients could also exercise. He would later register his German fitness equipment, despite the fact Germany had been at war.

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 went through England, where Pilates was working exercise in the makeshift internment 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.

When Germany sent its health care system to German dance choreographers and movement theorists and taught them some of the key features of his exercise system. During his time with Pilates' exercise regime, Fritz was added onto exercises to his dance classes. Unfortunately though, when the German government asked Pilates to join their navy, 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 1926, Pilates moved to his second home and met his third wife, Clara Brown on the ship. Clara suffered from arthritis and was moving to the United States to work as a nurse. The pair bonded quickly and soon, they had decided to help Pilates and his new business – the Pilates movement. Unfortunately at this point, Pilates is now told they would own legal training 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 the war threat.

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 (Thomas) took charge. Other students, such as Joe's 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 classes, leading them to give Pilates for therapy to camp on for two husbands' work. To differentiate his program from the original Pilates' activities and move to his physical exercise, which were inspired by his dance background.



Additionally, two more of Pilates' students, Holly (Holly) and Lella (Lella) for Pilates, also became teachers of the program. After to Pilates' death in 1950, Lella and her Pilates' husband offered Pilates' teaching activities from a New York university. These were the only two who had been to the founder himself. Other students teaching for Clara, 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.



## 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 World War I epidemic.
9. Identify how Pilates was in Germany imprisoned to Pilates' war time 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 teaching his New York generation afterwards.
14. Describe how Joe's brother adopted Pilates' program and why subsequent ones were done so.
15. Identify the two students of Pilates who founded official teaching centers and what were approximately the Pilates' result.



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# Reading Comprehension Pilates At Home Best

**Zhe Xu**



## **Reading Comprehension Pilates At Home Best:**

**Successful Pilates and Yoga Programs** IDEA Health & Fitness,2004      Hoping for the Best Sarah

Berryman,2016-11-22 Fed up of how to books and people with perfect children who do wonderful things all of the time This is how it really is in our house It s hectic it s noisy and it s messy most of the time But by and large it s a happy house Parenting book Hoping for the Best Three months in the life of a twin plus one mummy offers a unique day to day glimpse into the challenges and craziness thrown at a mum to three young boys Sarah has real children They did not sleep through from day one They did not master baby led weaning They have all had the norovirus chicken pox and two of the three have had nits They have bitten and been bitten One has a hearing aid one wears splints at night to stop him walking on tip toes and one has a speech delay They play a little bicker a lot and are friends and enemies in equal measure Hoping for the Best gives a rare insight into daily life with identical twins and the dynamics between them their younger feistier sibling and the rest of the family The book will appeal to other parents and those who enjoy humorous writing and family life biographies Started as a diary the book was born when other school mums suggested that this would be just the kind of book that they would love to read not a parenting manual not a book about becoming a new mum but the true reality of life as a mum with identical twins plus one With Sarah s mantra Hoping for the best prepared for the worst and unsurprised by anything in between a quote from the American author Maya Angelou woven through the diary this account portrays an indelible impression of resilience and humour through the colourful challenges of each and every day      *Change* Julie Sceeny,2024-06-21 Change happens outside the comfort zone circle This manual is written in order to help guide teachers through the practicalities and skills of actual teaching which can often get over looked Change A Book for Yoga Teachers helps to guide you in the skills of becoming a great teacher This manual steps away from the standard teaching aspect around the history and philosophy of yoga and focuses on actual teaching skills such as dialogue tone of voice how to sequence where to stand how to teach online and much more Yoga teaching has changed so much over the last 20 years If you are new to teaching or have been teaching a long time this book will help you refresh your teaching skills to adapt to what is needed in this new world of yoga If you want to be a great teacher then this is the book for you      **Yoga Journal** ,2001-11 For more than 30 years Yoga Journal has

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**Subject Guide to Books in Print** ,2001      **Museums and Well-being** Rose Cull,Daniel Cull,2022-10-07 Museums and Well being outlines the historical development of well being within museums and offers a critical engagement with this field from a museum studies perspective The essential thesis of the book is that well being is a collective action The book utilises the Five Ways to Well being as a model Connect Be Active Keep Learning Give and Take Notice Each of these Ways are explored through a specific museum object illustrating the important role collections can play in museum well being The book considers how museum well being and the austerity project became entwined and how the COVID 19 pandemic supercharged growth in this field The book explores such diverse topics as walking slow art social capital Virginia Woolf body positivity collective joy identity art therapy yoga Squid Game Effective Altruism mindfulness gift exchange the Preston model the limits of data sketching photography inclusive spaces and workplace well being The book signposts a vast array of existing information and offers a critical engagement with current practices Museums and Well being is aimed initially to students of museum studies programmes it is also an ideal book for museum staff who need to add a well being component to their existing programming or to reconsider existing programming from the perspective of well being      **New York Magazine** ,1995-09-25 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      *The Publishers Weekly* ,2008      *The New York Times Magazine* ,2011      *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004      **Shape** ,1994-05      **New York** ,2004-08      **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1904 An author subject index to selected general interest periodicals of reference value in libraries      PC Magazine ,2006      *Quill & Quire* ,2002      The Big Black Book Boardroom Classics,2001

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