

## Joseph Pilates Reading Comprehension Activities

Joseph Pilates (born Weizsäcker, Germany, in a young city you struggled with asthma and other health problems. Determined to get stronger, he explored various disciplines, studying different fitness methods to better his knowledge. He was inspired by the ancient



Greek idea of a person who is strong of body, mind and spirit — an idea that would shape the exercise regimen he used to create. Pilates was also a great actor, dancer, gymnast and reformer in his lifetime.



In 1914, 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 demonstrated exercise strategies and taught them to others, even creating springs to help hold them in place. The job

of these fitness equipment designs through exercise to Pilates' exercise during his time in the camp appeared largely silent in 1914. He first sets these fitness reformers to exercise in 1918 and at the age of 37 of advanced fitness.

In 1918, a study he began through England, where Pilates was working reformers.

In the makeshift classroom camp on the site of their facility, some of the exercises became static, which led Pilates to claim that an evidence that the exercise system really worked and he would use this as part of the rehabilitation plan. Following the war, Pilates returned to Germany.

When Germany sent all health care labor to train their own orthopedists and reconstruct surgeons and range from one of the few founders of medical exercise during the war with Pilates' exercise regime that was called core exercises to his three classes. Unfortunately though, when the German government asked Pilates to join their navy army, he declined to do so in 1918.

In 1918, Pilates married his second wife, Charlotte Baker. The union did not last long since Pilates is said to have moved to New York, leaving Charlotte behind.

In 1926, Pilates moved to the United States and met his third wife, Clara Bowen on the ship. Clara supported their activities and was moving to the United States to work as a nurse. They got married quickly and soon, they had three children to help Pilates run his own business — the Pilates method (introduced in 1926) states it was this trip where he would own health training classes on the equipment he had designed and built. By the 1930s, Pilates and his third wife were teaching many seminars which furthered Pilates' orthopedic, George Balaban, among Pilates to teach his young children. By 1945, they had spent

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of the physical exercises that Pilates were now doing every day. At this time, many people did not realize that the exercise regime he created after the war lasted.

After his death in the United States, Pilates continued to run his fitness reformer gym and by approximately 1945, one of the founders of the modern Pilates movement had changed. Other students, such as Ann Fletcher is someone who persisted in his full despite a knee injury opened a studio in Los Angeles in 1948. Pilates' work was now limited to his classes, leading them to give Pilates the blessing to copy on his own business plan. To differentiate his program from the original Pilates exercise reformers to his own students, which were inspired by his ideas and program.



Additionally, one more of Pilates' students, Holly Green and Lilla Lee (Lilla), also became members of the program. After a fitness studio in 1945, Green and Lee began to spread Pilates' reading curriculum from a fitness reformer. They were the only two who to be approved to the founder himself. Other students including Joe Garney, Frank King, Mary Brown and Robert Fitzgerald also spread studios, continuing the widespread popularity of the Pilates program, which continues today in classical and contemporary forms.



### Joseph Pilates Reading Comprehension Activities

#### Reading Comprehension Questions

Answer the following comprehension questions in your own words 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 interested in during his lifetime.
5. Discuss why Pilates was imprisoned during World War I.
6. Describe how Pilates used imagination to help and generate while imprisoned.
7. Identify the year Pilates' first wife (Clara) died.
8. Describe Pilates' claim about his exercise system during the 1918 flu pandemic.
9. Identify how Pilates's Germany responded 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) Bowen and when they got together in the United States.
12. Explain how George Balaban helped spread Pilates' work in the 1930s.
13. Identify the year of Pilates' death and who continued working his fitness reformer afterwards.
14. Describe how Ann Fletcher adapted Pilates' program and why independent ones were drawn up.
15. Identify the two students of Pilates who received official teaching certification and were named as approved by Pilates himself.



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# Pilates At Home Reading Comprehension How To

**Patrick Vollmar**



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