

Joseph Pilates Reading Comprehension Activities

Joseph Pilates (shown) pioneered a workout called the *Contrology* method, which he called *the mind-body connection*. He believed that the mind and body were connected, and that the mind could control the body. He believed that the mind and body were connected, and that the mind could control the body. He believed that the mind and body were connected, and that the mind could control the body.



Read each of the passages and answer the questions. Write your answers on the lines provided.



In 1913, Pilates moved to England and worked as a self-defense instructor for the British Army. He was arrested and imprisoned along with thousands of other soldiers and declared an enemy alien. While in the army, he was injured and spent time in a hospital. He believed that the mind and body were connected, and that the mind could control the body. He believed that the mind and body were connected, and that the mind could control the body.

Read each of the passages and answer the questions. Write your answers on the lines provided.

In 1914, a study by the British Army, where Pilates was working, revealed that the mind and body were connected, and that the mind could control the body. He believed that the mind and body were connected, and that the mind could control the body.

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Joseph Pilates Reading Comprehension Activities

Read each of the passages and answer the questions. Write your answers on the lines provided.

After his work on the British Army, Pilates continued to run his mind-body connection and by approximately 1918, one of the founders of the modern Pilates movement had emerged. He believed that the mind and body were connected, and that the mind could control the body.

After his work on the British Army, Pilates continued to run his mind-body connection and by approximately 1918, one of the founders of the modern Pilates movement had emerged. He believed that the mind and body were connected, and that the mind could control the body.



Additionally, one of the founders of the modern Pilates movement had emerged. He believed that the mind and body were connected, and that the mind could control the body.



Reading Comprehension Questions

Answer the following comprehension questions in your own words using complete sentences.

1. Identify the goal and purpose of Joseph Pilates' work.
2. Identify one of the main challenges Pilates faced as a young boy.
3. Describe how an accident led to the enhanced Pilates workout system.
4. Explain how Pilates was inspired by his military training.
5. Describe why Pilates was imprisoned during World War I.
6. Describe how Pilates used imagination to help and promote while imprisoned.
7. Identify the year Pilates' first wife, Clara passed away.
8. Explain how Pilates' first wife, Clara passed away during the First World War.
9. Identify how Pilates's military experience led Pilates to create his system after the war.
10. Identify why Pilates decided to leave Germany after returning from the war.
11. Explain how Pilates met his first wife, Clara, and what they did together in the United States.
12. Explain how Joseph's brother helped spread Pilates' work in the 1930s.
13. Identify the year of Pilates' death and who continued working for his first generation afterwards.
14. Describe how the founder adapted Pilates' program and why subsequent ones were done so.
15. Identify the two founders of Pilates who focused on the teaching and promotion of Pilates after the founder's death.



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