

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.



Contrology is a workout that is based on the idea of the mind-body connection. It is a workout that is based on the idea of the mind-body connection. It is a workout that is based on the idea of the mind-body connection.



In 1913, Pilates moved to England and worked as a self-defense instructor for the British Army. He was arrested and imprisoned during World War I. He was arrested and imprisoned during World War I. He was arrested and imprisoned during World War I.

During his imprisonment, Pilates developed his *Contrology* method. He developed his *Contrology* method. He developed his *Contrology* method.

In 1918, a study by the British Army found that Pilates' method was effective for improving the strength and endurance of soldiers. It was effective for improving the strength and endurance of soldiers. It was effective for improving the strength and endurance of soldiers.



In 1926, Pilates moved to the United States and worked as a self-defense instructor for the United States Army. He worked as a self-defense instructor for the United States Army. He worked as a self-defense instructor for the United States Army.

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At the time, many people did not believe that the mind could control the body.

After his work on the British Army, Pilates continued to teach his mind-body connection and by approximately 1918, one of the founders of the modern fitness movement had changed. He changed the fitness movement. He changed the fitness movement.



Additionally, one of the fitness studios, *Body Control*, also became a member of the program. It became a member of the program. It became a member of the program.



Joseph Pilates Reading Comprehension Activities

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 why Pilates was interested in working on his fitness.
5. Discuss why Pilates was imprisoned during World War I.
6. Describe how Pilates used his imprisonment to help and promote his improved workout.
7. Identify the year Pilates' first self-defense program started.
8. Explain how Pilates' work led to exercise classes during the 1918 flu pandemic.
9. Identify how Pilates's fitness program led to Pilates' success in the U.S.
10. Identify why Pilates decided to leave Germany after returning from the war.
11. Explain how Pilates was able to start with *Body Control* and what they did together in the United States.
12. Explain how George Herlihy 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 Joe Pilates adapted Pilates' program and why his program was more successful.
15. Identify the two students of Pilates who became official teachers and who worked with Pilates in the United States.



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