



## Joseph Pilates Reading Comprehension Activities

Joseph "Boss" Pilates, a German-born physical education instructor, was born in 1883 in Mönchengladbach, Germany. As a young boy, he struggled with asthma and other health problems. Determined to get stronger, he explored various exercises, including different forms of gymnastics to build his knowledge of his body and improve his health.

Instead of a person who is strong at body, mind and spirit – as they say, mind, body and spirit – Pilates was also strong with his mind, physical and spiritual in his thinking.



In 1915, 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 Germans who remained in Britain after World War I. While in jail, he began to create his own exercise program, which he called "Contrology." He believed that the mind and body were connected and that the mind could control the body. He called his method "Contrology."

Joseph Pilates' reputation spread throughout England during his time in the prison. He was released in 1918. He then left England and moved to New York at the age of 34 to start his own studio.

In 1918, a study by Joseph Pilates, which was his training system, was the foundation of his work. At the age of 34, he was a self-defense instructor. He was arrested and imprisoned along with thousands of other Germans who remained in Britain after World War I. While in jail, he began to create his own exercise program, which he called "Contrology." He believed that the mind and body were connected and that the mind could control the body. He called his method "Contrology."



In 1918, Pilates moved to the United States and set up his first studio in New York. He called it "The Pilates Method." He was a self-defense instructor. He was arrested and imprisoned along with thousands of other Germans who remained in Britain after World War I. While in jail, he began to create his own exercise program, which he called "Contrology." He believed that the mind and body were connected and that the mind could control the body. He called his method "Contrology."

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### Reading Comprehension Questions

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

1. Identify the main idea of the story.
2. Identify the main idea of the story.
3. Identify the main idea of the story.
4. Identify the main idea of the story.
5. Identify the main idea of the story.
6. Identify the main idea of the story.
7. Identify the main idea of the story.
8. Identify the main idea of the story.
9. Identify the main idea of the story.
10. Identify the main idea of the story.
11. Identify the main idea of the story.
12. Identify the main idea of the story.
13. Identify the main idea of the story.
14. Identify the main idea of the story.
15. Identify the main idea of the story.



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# Pilates At Home Reading Comprehension Review

**Jennifer Duffy, Carol M. Cram**



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

Media Review Digest C. Edward Wall,2006      **The Craftsman, a constitutional and industrial review** ,1881-04

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