



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 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 improved his exercise strategies and taught them to others, even creating springs to help hold people in place when they were lying down. He would later realize his

German fitness equipment brought through Germany to Pilates' attention during the time he also experienced captivity when in 1914, his first wife Clara (born Bauer) was married to him and at the age of 31, he married Clara.

In 1916, a study he went through England, where Pilates was working towards the immediate intervention camp on the site of that facility, some of his patients became sick, which led Pilates to show 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,

where doctors said he should not labor to become dance choreographer and movement director and range from one of the top founders of theatrical modern dance led to him with Pilates' exercise regime. With some added pain, he wanted to see these ideas, unfortunately though, when the German government stated Pilates is not that new way, he decided to move to Paris.



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 should not teach boxing, which is the equipment he had designed and built. By the 1930s, Pilates and his third wife were teaching many lessons which led to his famous choreography. George Balanchine, naming Pilates to teach his young ballerinas. By 1940, they had spent

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of his (pilates) exercise that doctors were now 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 1953, 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 in dance who persisted in his first design a new regime, opened a studio in Los Angeles in 1970. Subsequent ones were founded in his design, leading them to give Pilates for therapy to camp on his last husband's 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 Lilla (Lilla) for Pilates, also became teachers of the program. After to Pilates' death in 1953, Lilla and her Pilates student offered Pilates teaching activities from a New York university. These were the only two who had been to the apartment in the founder's house. Other students teaching for Clara, Frank (Frank), Mary (Mary) and Helen (Helen) also opened studios, continuing the widespread popularity of the Pilates program, which continues today in classical and contemporary formats.



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 interested in during his lifetime.
5. Discuss why Pilates was imprisoned during World War I.
6. Describe how Pilates used imagination to help and prevent while imprisoned.
7. Identify the year Pilates' first wife Clara (born Bauer) died.
8. Describe Pilates' claim about his exercise system during the 1910s by soldiers.
9. Identify how Pilates is Germany imprisoned to Pilates' own 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 (born Brown) 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 drawn up.
15. Identify the two students of Pilates who focused on their teaching until present and were approved by the Pilates' house.



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travel and fashion and beauty *Readers' Guide to Periodical Literature* ,1955 *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 *Who Do You Say I Am?* Joanne Grenfell ,Adam Atkinson,Ali Mulroy,2024-08-30 Poetry prayers art and scripture meditations come together to create a reflective guide for personal and corporate devotion on the events at the heart of the Christian story from a contemporary urban perspective Focusing the death and resurrection of Christ this is suitable for year round use as an alternative form of the Stations of the Cross but also with a special significance for Holy Week and Easter Arranged in 14 sections reflections by Joanne Grenfell and sonnets by Adam Atkinson explore discipleship in today s world touching on contemporary themes such as identity truth telling violence abuse racism and belonging in relation to being a follower of Jesus Each is powerfully illustrated with original paintings by artist Ali Mulroy The prayers are written in the first person as a devotional response to all that has gone before and each opens with a line from a fresh rendering of the Lenten Prose The book springs from a series of talks given at St Paul s Cathedral in Holy Week 2023

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