

Joseph Pilates Reading Comprehension Activities

Joseph Pilates were pronounced polymath and born in 1883 in Münstergebiet, Germany. As a young boy, he struggled with asthma and other health problems. Determined to get stronger, he studied exercises and events, helping different fitness activities.



In American Sociology, he was depicted by the saying:

"Great men of a person who is strong in body, mind and spirit – at the last word stage, the natural spirit of the soul is strong. Pilates was also a great man, whose spirit and influence are still there."



In 1910, Pilates moved to England and worked as a sort of fitness instructor for the Ministry of Health. However, when World War I began, he was arrested and imprisoned along with thousands of other Germans and forced to work at a coal mine doing hard labor in a camp. Pilates developed a series of exercises and taught them to others, even starting groups in England itself so that the anti-war protests could also continue. He would later escape the camp and return to America.

World War I Impact: Despite being detained in British hospitals during the time, he also experienced a rapidly deteriorating health due to the harsh German treatment he received at the age of 27 of pneumonia.

In 1916, a doctor he used through England, where Pilates had training exercises in the hospitals, recommended him on the use of neck, chest, torso, and the stomach because this will help Pilates to show off as evidence that the German system really worked and he would use this as part of the exercises after following the war. Pilates returned to Germany, where doctors such as himself can take to better their physiognomy and increase strength and muscle mass. One of the best doctors of Germany, however, had a bad attitude and Pilates never again had any other person assigned to his fitness classes. Unfortunately though, when the German government made Pilates to leave the country, he decided to stay there for some time to come.

In 1918, Pilates married his second wife, Maria Sorel. The year after, not long after Pilates is said to have moved to Hamburg, Austria, finally settled.

In 1920, Pilates arrived in the United States and married Clara Drury on the 28th. Clara helped him establish a business starting with the United States to achieve a more diversified product quality and quality. These first classes started in New York and had his own business in the Pilates studio. Pilates at this stage, however, is not yet taught to teach other large training clients on the equipment he had designed and built. As the years, Pilates are very tired with more training, many helping which are in a fitness physiognomy. George Mattox, among others, is used for young children. At this stage, his great

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of the Pilates exercises that Pilates were now doing everyday. At this time, many people also knew that the exercises helped to combat other than the heart.

Now the focus on the Pilates body, there continued to be a new one that generation and by approximately 1930, one of the founders first students, Maria Rosina, taught Pilates. Other students, such as Ruth Heather, is known who passed on the Pilates design. Ruth helped to create a studio in Los Angeles in 1930, supported with other students to the classes, Rosina, Ruth, and so on. Pilates had the training as easy as for the two founders, too. In addition, the program from the original Pilates exercises were to be Pilates exercises, which were taught by the three individuals.

Additionally, two more of Pilates' students, Emily Bell and Eddie Van Alphen, also became leaders of the program. After the Pilates death in 1939, Bell and Van Alphen helped other Pilates training participants from a new field, anatomy. These were the two who began to be exposed to the Pilates system. Other students including Ruth, Emily, Eddie, and Eddie, Pilates' two original students, continuing the widespread popularity of the Pilates program, which continues today in fitness and contemporary fitness.



Joseph Pilates Reading Comprehension Activities

Answer the following comprehension questions to practice reading comprehension.

Reading Comprehension Questions

Answer the following comprehension questions to practice reading comprehension.

- Identify the key sentence of Joseph Pilates birth.
- Identify one of the health challenges Pilates faced as a young boy.
- Identify how an accident from his childhood influenced Pilates' exercise system.
- Identify sports or activities Pilates was involved in during his lifetime.
- Identify why Pilates was imprisoned during World War I.
- Describe how Pilates used his experience in Italy and Germany while imprisoned.
- Identify the key Pilates' research using German data.
- Outline Pilates' claim about his exercise system during the 1910s in Germany.
- Identify how Pilates is Germany recognized in Pilates' exercise regime after the war.
- Identify why Pilates moved to New York City after returning from the war.
- Outline how Pilates had to teach after the war and what they did together in the United States.
- Outline how George Mattox helped spread Pilates work in the 1920s.
- Identify the year of Pilates' death and who continued teaching his New York generation students.
- Identify the two students of Pilates who helped spread Pilates' work around the world.
- Identify the key students of Pilates who helped spread Pilates' work around the world, continuing the Pilates system.



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