

Joseph h pilates



**ASSIGN
BUSTER**

Born in 1880 in Mnchengladbach Germany to a Greek prize winning gymnast and a naturopath who thought that the only way to cure the body was to work with it, not with the use of artificial medicine and drugs. There is no doubt that the influence of his mother and father's jobs and views affects him as he grew up to eventually invent the exercises and life style that he did.

When he was younger he suffered from many sicknesses and illnesses, and was often picked on by older children. Perhaps because of this, he decided to overcome all his ailments and eventually became skilled in yoga, gymnastics, martial arts, skiing, boxing, and even diving. By the age of 14 he was the penultimate model, and had even begun modeling for anatomy charts.

Eventually through the culmination of his own childhood and experiences, an idea began to grow in his mind. He eventually decided that everyone's modern lifestyle, bad posture, and inefficient breathing were the roots of poor health, and he would find a way to combat that effectively.

He then began work on what would become known as the Pilates Method. He created a series of various exercises that would help combat these evils.

Ultimately " his answer to these problems was to design a unique series of vigorous physical exercises that help to correct muscular imbalances and improve posture, coordination, balance, strength, and flexibility, as well as to increase breathing capacity and organ function. He also invented a variety of machines, based on spring-resistance, which could be used to perform these exercises"(http://www.jillianhessel.com/pilates_biography.html). He would eventually include these spring Machines into ideas such as the Cadillac and the Universal reformer. Now all that lacked was a name for his new theory of

mind, which Pilates would later call controllogy.

The first people to embrace his methods of Body Contrlogy were dancing students. The hard life of dancing word down professionals, and they found that they would often injure themselves or be prone to sickness or muscle problems. They took kindly to his methods, and began including them.

Eventually, Pilates ideas and methodologies spread, until the point today where you can find studios and places teaching the beliefs of him all over the world. Today one can find Pilates studios almost anywhere, and his teachings have spread to books and a myriad of DVDs. Athletes all over the world have embraced his teachings, and even actors and business professionals all follow the teachings of Joseph H. Pilates today.

Works Cited:

http://www.jillianhessel.com/pilates_biography.html

http://en.wikipedia.org/wiki/Joseph_Pilates

<http://www.pilatesmethodalliance.org/whatis.html>