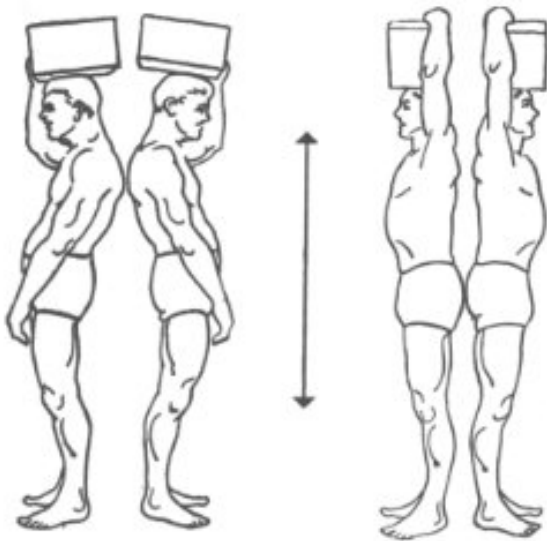


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Your Health

YOUR HEALTH



A corrective system of exercising
that revolutionizes the
entire field of physical education.
By Joseph Hubertus Pilates

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Description :

Prsentation de l'diteurFirst published in 1934, this new reprint of YOUR HEALTH includes Joseph Pilates early Twentieth Century philosophies, principles, and theories about health and fitness. He based his work on the concept of a balanced body and mind, drawing on the approach espoused by the early Greeks. While some of his personal philosophies reflected early 20th Century viewpoints, his athletic and fitness doctrines were years ahead of his time. Readers will learn his observations and conclusions about people's approach to physical fitness. He describes the results of decades of scientific study, experimentation and research into the variety of troubles and ills that upset the balance of body and mind. Pilates makes extraordinary claims about the benefits of his defined science of "Contrology" and very specifically defines this science for all to read

and understand. In this book, he exemplifies and clarifies the beneficial impact of his work. Presentation de l'auteur First published in 1934, this new reprint of YOUR HEALTH includes Joseph Pilates early Twentieth Century philosophies, principles, and theories about health and fitness. He based his work on the concept of a balanced body and mind, drawing on the approach espoused by the early Greeks. While some of his personal philosophies reflected early 20th Century viewpoints, his athletic and fitness doctrines were years ahead of his time. Readers will learn his observations and conclusions about people's approach to physical fitness. He describes the results of decades of scientific study, experimentation and research into the variety of troubles and ills that upset the balance of body and mind. Pilates makes extraordinary claims about the benefits of his defined science of "Contrology" and very specifically defines this science for all to read and understand. In this book, he exemplifies and clarifies the beneficial impact of his work. Biographie de l'auteur Joseph Pilates (1883-1967) was born in Germany and suffered asthma, rickets, and rheumatic fever as a child, as a result of which he dedicated his life to improving his physical strength. A gymnast and bodybuilder, he moved to England in 1912 where he earned his living as a boxer, circus performer, and self defence trainer including at Scotland Yard. Interned during WWI he trained his fellow internees in fitness and exercise. It is said none lost their lives in the 1918 flu pandemic due to their good physical shape. Returning to Germany after the war he became disillusioned with politics and emigrated to the USA. He met his future wife Clara on board ship and founded a studio in NYC.