



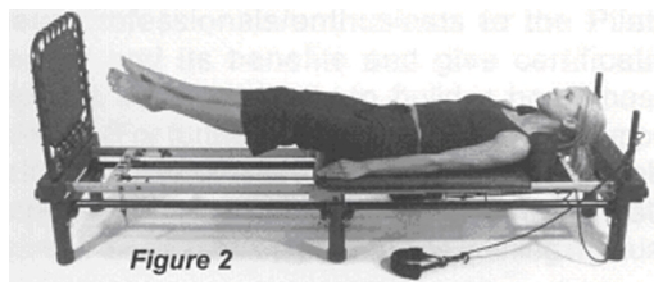
## The History & Development of Pilates

The Pilates method of body conditioning is a unique and proven system of exercises developed over ninety years ago by the late Joseph H. Pilates in Germany. The basis of all Pilates inspired methods come from his teachings and his work, both deeply affected by the variety of life experiences he had. Joseph Pilates struggled to overcome asthma, rickets and rheumatic fever while young. He studied yoga, Zen, and pursued activities such as boxing, gymnastics, skiing and diving.

As a German citizen living in England during World War One, Pilates found himself interned in a camp for non-combat enemy aliens, and there devised a fitness program for his fellow internees to maintain health and fitness. Later he was transferred to work as a nurse and physical therapist for patients bedridden from illness or injuries. Pilates developed the use of bedsprings to use arms and legs, and mounted these springs on the wall or above the beds for resistance exercise and strength training. In fact, during the deadly influenza that spread throughout the camps in 1918, none of Pilates devotees were lost, despite being in the most susceptible camps.

Joseph Pilates went on to develop a program of over 500 exercises, and opened his first studio in New York in the 1920's. He was well-recognized by the dance and gymnastics communities, and began teaching the "Art of Controlology" or muscle control to define his work.

His gymnastic background inspired the development of more equipment, including High and Low Chairs, the Reformer, the Pedi-Pull, the Cadillac, and others.



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