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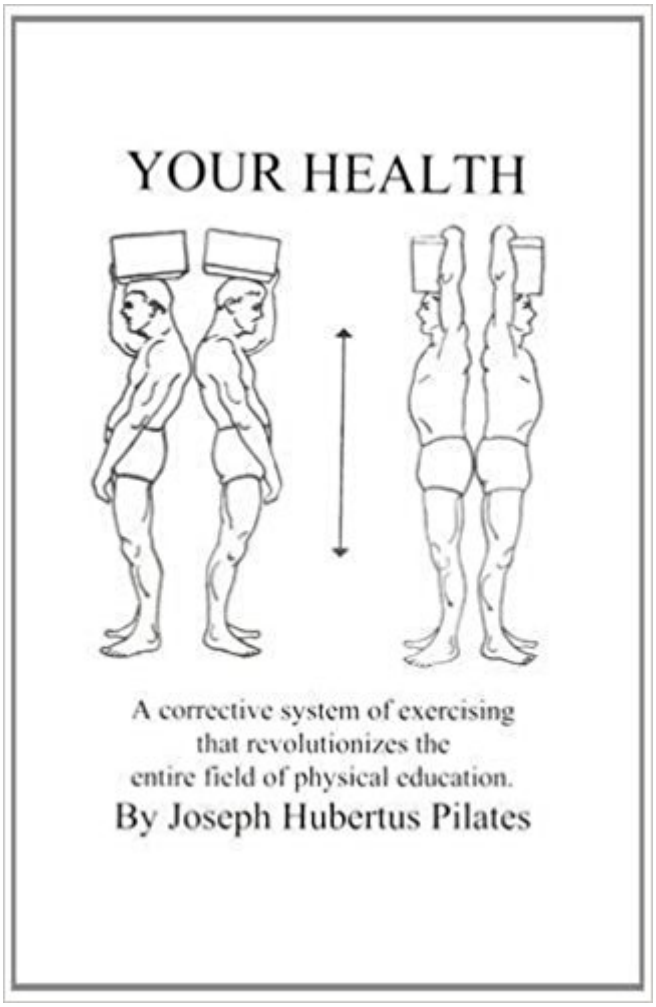
Your Health: A Corrective System Of Exercising That Revolutionizes The Entire Field Of Physical Education



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Synopsis

First published in 1934, this new reprint of Your Health includes Joseph Pilatesâ ™ early Twentieth Century philosophies, principles, and theories about health and fitness. He bases 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.

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Customer Reviews

This book represents the first major publication in 1934 by Joseph H. Pilates and includes his early Twentieth Century philosophies, principles, and theories about health and fitness. He bases 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. Joseph Pilates has been nothing short of revolutionary in his impact on the world of fitness and exercise. You will learn in this book 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. He was living testimony to the validity of his own teachings. In this book, he exemplifies and clarifies the beneficial impact of his work. In this book, you will learn Joseph Pilates' fundamental tenets of posture, body mechanics, and correct breathing. You will discover his first teachings about spinal flexibility, physical education, and his law of natural exercises. It is a fascinating look into Pilates' original thinking and analysis and represents the foundation of an entire discipline embraced by fitness enthusiasts, health educators, and exercise trainers around the world.

At the beginning of the First World War, Joseph Pilates was imprisoned in England along with many Germans who happened to be living at the time in and around Lancaster, England. He was a German national who had been boxing and performing in England prior to 1914. While living in the Camp, he taught other residents the series of exercises that he had developed for personal use over the preceding decades both in Germany and in England. His own exercise sets drew strongly from his studies of yoga and Zen, as well as ancient Roman and Greek exercise regimens.

A must have for your Pilates library along with Return to Life. Brace yourself - Joe is blunt and not "politically correct" by today's standards. I LOVE IT!

It is the Original Pilates program. Got it more for reference than to use at this time. I am doing Callanetics and love them. But I wanted to know more about Pilates to see if I want to graduate on to Pilates in the future.

I found this book really laus out the foundation for why and how Joseph Pilates came up with his routines.

This is a good book to read for a historical perspective on Joseph and his creation of Pilates. You will learn that although he was beyond his time in terms of fitness, he was also a mad-man!!

What an amazing read about a man ahead of his time, a true inspiration we should all take heed ..... Makes for a great read and makes a lot of sense

Joseph Pilates was right! His method gives health and youth to your body.

A must read for any Pilates Instructor or Enthusiast!

Very satisfied!

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