



Your Health

Joseph Pilates, Judd Robbins

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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.

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