



For questions 1 – 12, read the text below and decide which answer (A, B, C or D) best fits each gap.

# A BRIEF HISTORY OF PILATES

Many fitness activities, like running, swimming, and Tai Chi started thousands of years ago, but how they started or who they were started by remains **(1)** ..... Things are different with Pilates which, after decades as the workout of the elite, **(2)** ..... the fitness mainstream.

Pilates was created by a person, called Joseph Pilates (1880-1967). He was born in Germany and as a child he was frail, living with asthma **(3)** ..... other childhood conditions. To build up his body and grow stronger, he **(4)** ..... several different sports, eventually becoming an accomplished athlete.

Together with his wife Clara, an experienced nurse, he developed this method with the **(5)** ..... of rehabilitation of soldiers returning from war and dancers **(6)** ..... Martha Graham and George Balanchine. This system was intended to strengthen and lengthen all the muscles of the body **(7)** ..... improve flexibility, strength, and body awareness.

In his first book, published in 1945, *Pilates' Return to Life Through Contrology*, he **(8)** ..... the guiding principles of this method together with 34 original **(9)** .....





- |    |               |                  |               |                 |
|----|---------------|------------------|---------------|-----------------|
| 1  | A unknown     | B unrecognized   | C unrealized  | D unforgotten   |
| 2  | A has become  | B has been       | C has entered | D has shown     |
| 3  | A besides     | B in addition to | C in spite of | D though        |
| 4  | A took up     | B took           | C took for    | D took to       |
| 5  | A aim         | B though         | C purpose     | D tendency      |
| 6  | A such        | B such as        | C that's      | D as            |
| 7  | A while       | B although       | C so that     | D in order to   |
| 8  | A wrote       | B spoke          | C described   | D did           |
| 9  | A practice    | B practices      | C trainings   | D exercises     |
| 10 | A late        | B later          | C earlier     | D half          |
| 11 | A extensively | B intensively    | C strongly    | D interestingly |
| 12 | A grew        | B growing        | C grow        | D growth        |

In the 1970s, Hollywood celebrities discovered Pilates via Ron Fletcher's studio in Beverly Hills. Starting from the **(10)** ..... 80s the media started to talk about Pilates **(11)** ..... and some years later the Pilates business boomed.

Today, over 10 million Americans practise Pilates, and the numbers continue to **(12)** .....

