

COMMUNITY LIFE

THURSDAY, DECEMBER 29, 1994

Man takes training personally

Exercise and sports helped Don Frazier to overcome a sickly childhood. Now he helps others reach their fitness goals.

By DIANE HANSON
STAFF WRITER



Don Frazier's earliest memories of doing any kind of exercise involve Jack LaLanne. Frazier, now 32, was 5 or 6 when he exercised with his mom in front of the television under the transmitted guidance of LaLanne, "his wife and his dog, Jake — the whole shot," he said with a laugh.

But Frazier's early life was no laughing matter. Born with asthma and bronchitis, he was immediately placed in an oxygen tent. He spent time in the hospital each year until he was 16.

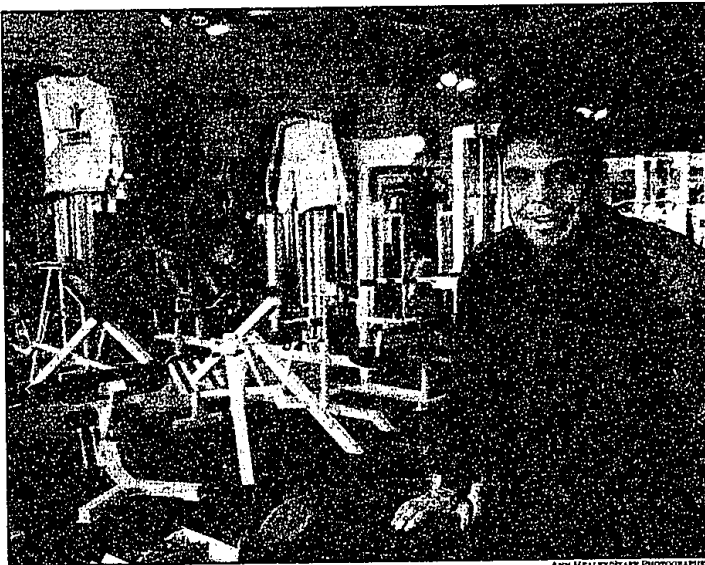
"I was a pretty sickly little kid," he said.

Frazier's mom had to make oxygen tents for him at home. "I was like the boy in the bubble," he said. Although he did play some sports in school, "I couldn't really excel as much as some of the other guys did."

Exercise and sports helped Frazier's condition, and the doctors encouraged him to continue. He began to work out at the Powerhouse Gym when he was in the 12th grade and credits the Dabish brothers there and professional body builder Ron Love for being his first teachers in personal training.

At the age of 19, he took third place in the Teenage Detroit contest.

By 1984, Frazier began working for the Powerhouse Gym; he started training people in 1985. In 1986 he formed his own personal training business, Body By You. By the mid-1980s many people were becoming more health- and body-conscious and the business "really took off," accord-



Firm direction: Owner Don Frazier went from exercising with Jack LaLanne as a child to operating his own workout establishment in Farmington Hills.

ing to Frazier. He traveled to different gyms, homes, and businesses to personally train individuals.

In 1988, Frazier started an aerobics business that still maintains the Body by You name, but when he opened his own gym in August 1993, he decided to change the name of the gym and personal training business to The Firm Fitness to keep the

two businesses separate.

"This is mainly a personal training studio," Frazier said. "What we do in here is one-on-one personal training so we can give the person the attention that they really need when they go into something like this. Everyone who comes through the door here gets personally trained."

But, for Frazier, training means a

lot more than lifting weights or powering a treadmill.

"When a person comes through the door, I find out first of all if they have any injuries we need to be aware of so we know how to train around them or train towards making them better," he said. "Then we

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LLOYD SMITH

Kiwanis clubs help build healthy life

The service club name "Kiwanis," is taken from old Indian phrases meaning "to express one's self" or to "make a big noise" or "to build."

There are three clubs in the Farmington-Farmington Hills area. They are The Kiwanis Club of Farmington, The Kiwanis Club of Farmington Hills, and The Farmington Golden Key Kiwanis Club. All of these clubs meet weekly in the area.

All are active contributors to the healthy life of the Farmington area in such activities as supporting Boys' State, Girls' State, Fellowship of Christian Athletes, Youth State Police Camp, The Hugh O'Brien Leadership Conference, scholarships, school organizations, drug programs, The Goodfellows, transportation of the elderly, bird house contests, plus The Red Cross, The Salvation Army and others.

Money to support so many activities comes in part from the annual Kiwanis peanut sales, and gum ball machines. In addition Kiwanis supports several hospitals in their youth recovery programs. Worldwide, Kiwanis has recently embarked on an Iodine Deficiency Program to ward off disorders in many Third World countries. Kiwanis numbers more than 300,000 members in 71 countries around the world. These wishing more information, or those who desire to talk to officers in the above-named clubs, may call past Governor Lloyd H. Smith Jr., any time, at 810-474-2431.

Kiwanis was founded Jan. 21, 1916, in Detroit. The movement caught on quickly, and soon another club was formed in Cleveland, then another in Hamilton, Ontario. Other Michigan communities caught the spirit. By 1919, nine other clubs had been formed in the state. Today

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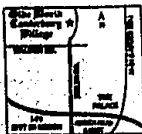
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