



Kathy Gilleland, a new Farmington resident, brings her expertise of aerobic dancing into the community with a demonstration of



fun and fitness exercise set for 7:30 p.m. Aug. 30 in American Legion Hall, 31775 Grand River. Miss Gilleland calls it a dance for non-



dancers that carries a benefit for those of all ages. (Staff photos by Harry Mauthe)

Aerobic dancing

A challenging dance exercise for all comers

"Dances for the non-dancer," originated by a professional dancer-choreographer-teacher-fitness enthusiast, that provide "challenge enough for everyone."

What kind of dancing is that? It's fun-and-fitness dancing, and it has come to Farmington. Called aerobic dancing, it's based on the theory that fitness can be both fun and effective.

Each dance uses combinations of hopping, walking, jogging, bending and stretching, all set to music, which can be anything from cha-cha and Charleston to rock and folk.

The system is designed to be adapted for the benefit of everyone from elementary-school children to senior citizens, and no dancing ability or pre-established fitness level is required.

Originated by Jacki Sorensen, aerobic dancing is an ever-growing, increasingly-popular activity, so much so that since its inception in 1969, it has become a large corporation run by Mrs. Sorensen.

A FORMER AIR Force wife who was asked to develop a fitness program for other Air Force wives, Mrs. Sorensen discovered that her dancing had made her fit enough to pass Dr. Kenneth Cooper's cardiovascular fitness test with an "excellent" rating.

Mrs. Sorensen says that she was trying to decide what to include in the wives' fitness program when her husband brought home a copy of Dr. Cooper's book, "Aerobics," which is the official physical fitness training program of the United States Air Force.

After taking this test, she also discovered that she had never done the jogging, swimming or cycling which Dr. Cooper labeled aerobic; she had only danced.

From these musings she developed a fitness program which combines her dancing with various other movements and a constant-motion technique.

The program has grown to include 11 master clinicians and 400 certified instructors across the country. The master clinicians are trained by Mrs. Sorensen herself, and they in turn pass what she teaches on to the instructors in instructor clinics.

Every 12 weeks, an instructor clinic is held, and the instructors are taught the 12-14 new dances for the next session, after being thoroughly re-tested. (Mrs. Sorensen requires all her instructors to pass Dr. Cooper's test with a rating of "excellent" or "good," be non-smokers and not be overweight.)

Each session involves new and different dances from the ones before it, as Mrs. Sorensen is continually choreographing new dances. Before a dance is incorporated into a session's program, however, it must be tested to make sure that it can be done by all people, that it is enjoyable, and that it is beneficial.

"Aerobic Dancing Inc. is the only one that tests the dances," says Kathy Gilleland, aerobic dance instructor. "There are imitators, but they don't test their routines." Mrs. Gilleland, who moved to Farmington Hills in June, is planning to begin teaching classes in September.

and is currently looking for a suitable location.

"Farmington is a new community," she says. "One of my requirements is a wood floor, but they're hard to find. Tile really kills your feet."

"IDEALLY, I'D LIKE to run morning and evening classes, each twice a week on either Tuesday and Thursday or Monday and Wednesday," Mrs. Gilleland says, "but it depends on the hall I find."

Each hour-long class session consists of six stages, which are the same no matter where you take it or from whom. First comes a pre-warm-up, with lots of slow, stretching exercises, followed by bent-leg sit-ups.

"Nothing gets the abdominal muscles like sit-ups," Mrs. Gilleland says. "There's no general exercise that gets to them."

After the sit-ups comes a warm-up routine, which gets the heart beating faster and ready for the real thing, six dances in the middle of the hour.

After these comes a cool-down dance, slowing the heart down again, and then a post-cool-down activity, such as lots of walking and some more slow stretching exercises to bring the heart-beat back down to within the normal range.

About 13 dances are done in a single workout, and after each dance, including the warm-up, the participants walk and take their pulse. If it's too rapid, they must slow down for the next dance. In this way, each participant monitors her own body, working it to capacity without overworking it.

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BECAUSE EACH dance is set up to



Monday, August 15, 1977

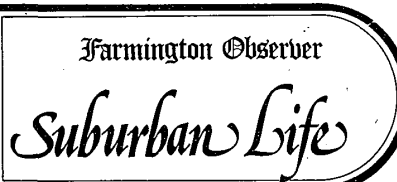
be done on three levels—walking, jogging or running—it is possible to slow down without actually sitting out, which the program tries to avoid.

"Each person is taught how to take her pulse rate," Mrs. Gilleland says. "They can then figure out their resting heart rate, their minimum working heart rate, and learn how to stay within their particular ranges, which are different for everyone."

"The maximum working heart rates depend on age and sex and are pretty standard, but the rest is individual."

Mrs. Gilleland says that although the program is aimed at women, anybody can join.

"There are now five programs which Jacki Sorensen is working on," Mrs. Gilleland says. "There are two pilot programs, one for men and one for senior citizens. Then there are an elementary school programs, second-



(F7A)

ary school programs and an adult program.

"Aerobics is taught in school in Texas where I come from," Mrs. Gilleland says. "It starts in the third grade there. The elementary program concentrates more on the large muscles, but the only difference between the adult and the secondary programs is the music used."

"Eventually Jacki would like to get it into the schools in other places too," Mrs. Gilleland says. "but there's just one of her."

If the idea of fun and fitness at the same time sounds appealing, Mrs. Gilleland is offering a free demonstration of aerobic dancing at 7:30 p.m. Aug. 30, at American Legion Post 346, 31775 Grand River in Farmington.

Christening rites held for Jennifer

Jennifer Lynn Janiga, the first child of Mr. and Mrs. William B. Janiga of Farmington Hills, was christened by Father Kevin O'Brien in The Holy Family Church, Novi. She was born Jan. 16 in Ann Arbor Hospital, Wayne.

The infant's Godparents are Patricia Hamm of Westland and Michael Gootee of Detroit.

Her maternal grandparents are Mr. and Mrs. Paul Hamm of Westland, and her paternal grandmother is Mrs. Nettie Fisher of Taylor.

Her maternal great-grandparents are Mr. and Mrs. Russell Asher of St. Clair Shores, and Mrs. MaryLou Campbell of Wayne. Her paternal great-grandparents are Mr. and Mrs. John Misiolek of Warren.

Additives to be topic

One of the unusual offerings at Oakland Community College in September will be a class called "Food Awareness" to be taught by former Southfield resident Janice Rolnick.

Ms. Rolnick, now a Farmington Hills resident, said the class is open to all area residents and will begin at 7 p.m. on Thursday, Sept. 15 for a two-hour session. Classes will meet for six weeks, and are offered through the Community Service Department.

The course will include a thorough understanding of all food additives; including preservatives, anti-biotics, dyes, flavorings, tranquilizers, pesticides and herbicides.

"Consumers should be aware of why these additives are in our foods and what possible harm, if any, can come from consuming them," she said.

Ms. Rolnick's class will provide information including a compilation of recommended brands covering every food area; a look at future trends in foods; new legislation governing the food supply and more.

For further information call OCC at 476-9400, ext. 221.

Area teens enter OU

Seven students from Farmington have been accepted by Oakland University for the fall 1977 semester.

They are Victoria Bernadette, 3022 Fiddlers Green and Colleen B. Christman, 21534 Rockwell, both graduates of Harrison High School; Mary L. Golich, 22786 Newell Circle, a transfer student from Oakland Community College; Bryant G. Goulet, 29734 Drake, a North Farmington High School graduate; Diane K. Hartle, 24160 Twin Valley Court, a graduate of Our Lady of Mercy High School; and Janis L. Jagielky, 23590 Bickling Court, and Peter G. Nuttall, 33337 Eleven Mile, both Farmington Senior High School graduates.

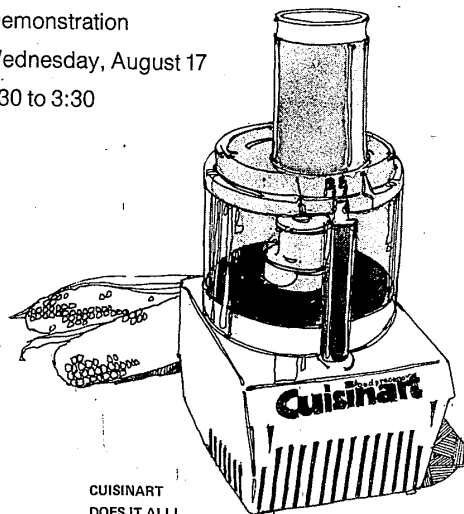
Oakland University is a co-educational, state-supported institution with an enrollment of more than 10,500 full- and part-time students. The university has programs in area studies, biology, engineering, early childhood education and the health sciences.



Learning about engines

Rob Case, 28072 Thornybrae Court, Farmington Hills, reassembles a lawn mower during a summer exploration called "Small Engine Repair." The seventh grader at Dunckel Junior High School is involved in the Summer Youth Program, at Michigan Technological University, in Houghton, with more than 1,250 students. The overall emphasis is on laboratory and field work disciplines, which are usually not taught in high school.

Demonstration
Wednesday, August 17
1:30 to 3:30



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