

# Exercise to burn up stored-up winter fat

By CINDY HOOGASIAN

Since spring has arrived, people are beginning to start exercise programs to get in shape for summer. There are two approaches to getting in shape, said Judy Matzick, physical therapist and instructor of rhythmic exercise and creative dance for the Rochester Community Schools.

One is a program concerned with putting stress on the cardiovascular system. The other is activities, an approach that is concerned with food intake as well as exercise.

"Following the activities approach, your daily activities become exercises. You can shower and do stretches. In the bathtub, you can do leg stretches and sit-ups. As you walk through doorways, stand sideways and reach up for each side of the door frame," Ms. Matzick said.

"You must respect calories. Be aware of what you eat and how often you eat. Keep a note book listing everything you eat each day. Keep another notebook on what exercises you perform."

"Try eating on a smaller plate, a salad plate. The plate still looks full, but you're not eating as much. Drink lots of liquids. Chew slower and you'll feel full faster."

"Make a place setting for yourself no matter what you eat. Don't just eat out of the refrigerator. If you go through the bother of setting a place for yourself, you'll be more aware of your food intake," Ms. Matzick said.

Both men and women can benefit from at-home exercise routines that follow a program incorporating the following exercises. Repeated them five to 10 times:

- **Tummy Tucks**—Standing bent at the waist with hands on knees and eyes on the abdomen, raise and tuck the abdomen up so that it is taut. Hold it in for eight seconds and release.

- **Back Kicks**—Stand with hands on the floor in front of feet. Kick one leg back as far as possible, repeat 10 to 12 times for each leg. This is good for the back of the leg and the hip.

- **Side Bends**—Stand with feet slightly apart, hands over head, grasp a towel between hands and bend from side to side.

- **Hip Lifts**—Lie on back with knees bent and hips flat on floor. Press up with the feet on the floor, raising hips off floor, keeping buttocks tight and back straight. Hold for five to 10 seconds.

- **Straight Leg Raises**—Lie on your back with legs flat on floor and head raised to firm neck muscles, lock your knees and lift straight legs alternately.

- **Sit-Ups**—Variation to help firm tummy. Lie on your back, grasp knees with arms and rock up and back as far as possible.

- **Semi-Circles**—Lie on your side, lift the head and support it with your hand, if necessary. The top leg makes large semi-circles from front to back. Keep your toe pointed down at all times. Reverse direction. Do the other leg. This is good for the outer thigh.

- **To promote circulation in the legs**. Lie on your back, facing a wall with your legs extended as far up the wall as possible. Sit ups may be done from this position. Hip presses may also be done from this position, by pressing

feet against wall and lifting hips.

**MEN CAN BENEFIT** from the following exercises, suggested by Max Hesse, physical education instructor at Rochester High School and wrestling coach at Oakland University:

- First, basic bending and stretching warm-up exercises must be done. These include jumping jacks, alternate toe touches, trunk twists, ankle bounces and running in place. Follow

with five or six repetitions of:

- **Sit ups**—There are two types of sit ups that benefit the abdomen. For the upper abdomen, lie on your back and bend knees. Sit up and touch knees with elbows. To tone the lower abdomen, do straight leg sit ups.

- **Push ups**—Lie on floor. Support the body with hands and toes. Keep hands slightly outside shoulder width, fingers straight, elbows straight. Bend

the elbows to touch chest to floor without lifting the rear or sagging the stomach.

Isometric exercises can be performed nearly anywhere and are beneficial to biceps and triceps. Isometric exercises are those that require pushing, pulling, pressing or lifting against an immovable object. Examples of isometric exercises are:

- While sitting at a desk or table, place hands upward beneath the desk and push upward, as though lifting the desk. Hold for six seconds and release.

- Stand in front of a wall and press against it as though trying to move it away from you. Hold for six seconds and release. Repeat each of these isometric exercises a few times.

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## Workshop set

A creativities workshop will be sponsored by the Beth Hayede (nursery school and kindergarten) of Congregation Shaarey Zedek at 8:30 p.m. on Tuesday, April 11 in the Youth Lounge of the synagogue in Southfield.

Interested adults are invited to paint in diverse ways, to collage with a variety of materials and to make puppets of all types.

The artistic works that are produced

will be judged the next day by the children in the nursery school. Everyone can expect to be a winner as participants will be awarded a Creative Art Handbook filled with suggestions, ideas and recipes for activities with preschoolers.

"Everyone is warned to wear clothes to create by."

The workshop is open to the public without charge. Refreshments will be served.



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