



# Farmington Observer Suburban Life

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## DanceFIT

# A physical fitness workout joins with the fun of dancing

By LORRAINE MCCLISH

DanceFIT, a cardiovascular fitness program that is the subject of a research project in Sinai Hospital, is coming to Farmington. The study that included pre- and post-testing of a group of 30 women was under the direction of Dr. William Saville, an associate professor in exercise physiology at Wayne State University.

The data shows that DanceFIT improves sub-maximum heart rate and decreases blood pressure. An increased speed in recovery is noted. A decrease in body fat and an increase in lean body weight was evident.

A couple dozen of women who are in various fitness programs at the local YMCA stayed after classes this week to watch the first demonstration of DanceFIT, set to begin the morning of June 20 in Duncel Junior High School. Noreen Yuskowatz, whose mother was a part of Siani's 20-week study,

said the age range went from 14 to 53, all "with super results." There are many over that age, however, in DanceFIT classes that are in progress now at the Fairlane Y.

OF THOSE STUDENTS, Y instructor Kathy Rosowski said, "We might have to lure some of them in with the beauty aspect of it, and we might have to spoon-feed some of them with the health aspect, but the end result is more energy, more bounce, and they know it."

As to the beauty aspect, Ms. Yuskowatz said, "After a ten-week program, the total body inch loss was two inches; that is, the students lost two inches on every part of their body, and while they were having fun doing it."

Kay Burns, the new physical fitness co-ordinator at the Farmington Y, described DanceFIT as "An aerobic activity. Aerobic is defined in the dictionary as the presence of oxygen. The

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consumption of oxygen occurs with any type of aerobic exercise; walking, jogging, jumping, riding a bike. This exercise has a choreographer and music, and because it isn't boring, you're a lot more likely to keep at it." DanceFIT is one of ten options the Farmington Y now offers in its physical fitness program, and the only one that has not gone co-ed. DanceFIT is designed for women only.

The regular classes run for ten weeks, though the summer class at

Duncel will run only for five. All have an ever-changing format, with new dance steps continually added or changed, to different types of music.

Overall, the cardiovascular fitness program combines the basic elements of a good fitness workout with the fun of dancing, not for technique, but for entering the world of sound and movement, of rhythm and beat.

As one enthusiast put it, "You skip, hop, run, jump until you are lost in the world of physical sensation."

One of Ms. Yuskowatz' students said, "For an hour I'm a Rockette."

Ms. Burns insists DanceFIT participants attend classes twice a week. "That's a must for conditioning and a must if you are going to get any benefit from it," she said.

"You don't need any previous dance lessons, and this is certainly not to be confused with a dance class," she said.

What participants will need is a sturdy pair of tennis or jogging shoes, preferably worn with sweat socks. The instructors also advise participants to wear a pair of nylons under their shorts, for support.

"They will need all that extra support," Ms. Rosowski said. "We do a little work sitting on the floor, but most of the time we're on our feet."

MAXIMUM number of persons allowed in the summer class is 40. The sessions will run on Tuesday and Thursday mornings beginning at 9 a.m. Duncel Junior High is located on Twelve Mile, east of Farmington Road.

Registrations will be taken by calling Ms. Burns, at the Y, 553-4020.

Ms. Burns is the local Y's first physical fitness coordinator, a job that was created, she said, "Because keeping fit is a bigger thing now than it used to be; more of us are aware of how important it is. The fitness programs here had to be broken off into its own department just because it's grown so fast in such a short time."

DanceFIT was created by Lynnette Handley and first introduced to the members of the Fairlane Y. The Detroit Metropolitan YMCA was so impressed with the concept it has been adopted as part of its "Cardiovascular Health Package."



Kay Burns, Farmington YMCA's new physical fitness coordinator, is on hand to watch the first demonstration of DanceFIT, the newest of 10 offerings in the Y's physical fitness programs. (Staff photo by Harry Mauthe)

## Bnai Brith plans 39th installation

The metropolitan Detroit Bnai Brith Council's 39th annual installation of officers will take place at a 6 p.m. dinner-dance at Congregation Adat Shalom in Farmington Hills on Wednesday, June 14.

Ralph Miller of Birmingham will be installed as president. Vice-presidents who will take office are Floyd Bornstein, David Jaffa and Arnold Michlin.

The secretary will Joel F. Garfield of Southfield.

Others to be installed are Irwin Alper as treasurer, Henry Gutter as assistant recording secretary and Andrew Berger, Michael Berger, Lawrence Brown, Gerald Corlin, Ted Frazis, David L. Friedman, William Katz, Meyer Litky, Harry Michelson and Harold Zuker as trustees.

## Closed cars not for pets

Leaving your pet in a parked car, even for a short period of time, can result in the death of the animal.

Recently, the Michigan Humane Society received four dogs that had been placed in the trunk of a car by their owner. All four dogs were suffering from heat prostration. One animal could not be saved and the other three were in critical condition for two days.

The owner claimed the animals had been in the trunk for only a half-hour. Temperatures inside of an auto or auto trunk can reach 120 degrees in half an hour if the outside temperature is in the mid 80s.

Pets do not sweat to cool themselves, but use their lungs, through panting. With nothing but overheated air to breathe, an animal cannot live very long.

Don't take a chance with your pet's life, never leave him in a closed automobile, the society says.

Other hot weather tips for pet owners include having plenty of fresh water available all of the time, exercising with care during extremely hot periods, decreasing food intake slightly and having shade available for dogs outdoors.



Dance steps choreographed to music that exercise all parts of the body are demonstrated to participants in other physical fitness classes by Noreen Yuskowatz (left) and Kathy Rosowski. Ms. Yuskowatz is teaching DanceFIT now at the Fairlane Family Y. Ms. Rosowski is an instructor with the Farmington Y who will take on a DanceFIT class here in the fall. (Staff photo by Harry Mauthe)

## Kids learn about life on the farm

The Farmington Community Center will sponsor another summer of day camp sessions to offer area children the opportunity of getting a realistic idea of life on a farm.

The entire program is designed to provide a meaningful learning experience, coupled with healthful play activities at Upland Hills Farm Day Camp.

Children from 5 to 12 years of age will be caring and feeding animals, gardening, and hayting. They also will get a chance to churn butter, to card and spin wool, to grind grain and bake bread.

Interspersed with the chores, there are hay rides, nature crafts and nature study, horseback riding, swimming, boating, fishing, folk singing and dancing.

The camp is under the direction of Knight and Dorothy Webster, both of whom have a background in professional teaching and agricultural training.

All members of the staff are also teachers, or those trained in educational fields.

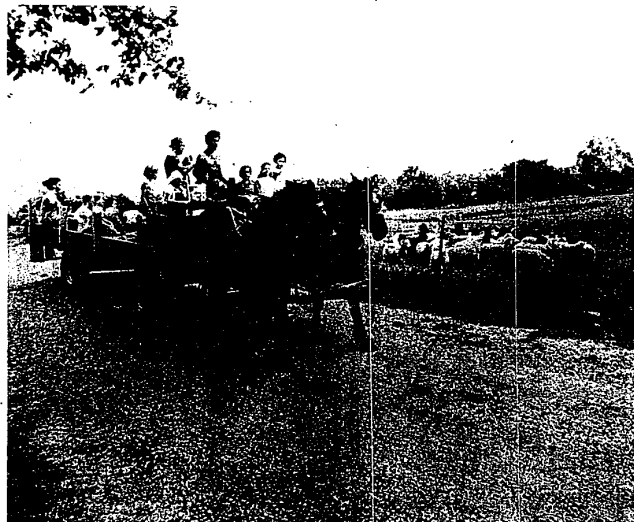
THE CAMP IS in Oxford, on 240 acres of pasture land and woods, adjoining Bald Mountain State Park.

Youngsters may elect to attend the camp for two, four, six or eight weeks, between June 26 and Aug. 18.

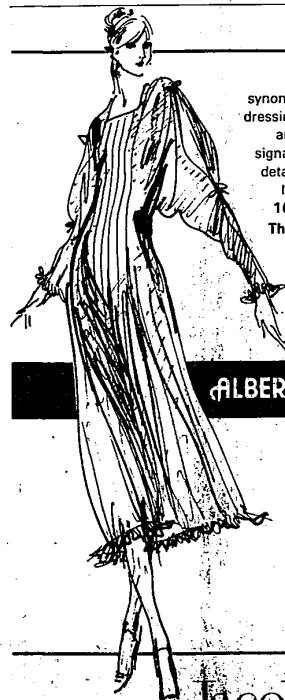
They will be picked up at 8 a.m., at the center, and returned about 4:30 p.m.

Rates include transportation. A two-week session is \$115; four weeks is \$200; six weeks, \$280, and eight weeks, \$350.

Registration is being taken now by calling the center, 477-6404.



Riding on a hayrack is the common mode of transportation at Upland Hills Farm Day Camp, that is now taking reservations for youngsters from 5 to 12 years old, in cooperation with the Farmington Community Center. The camp is located in Oxford, adjoining Bald Mountain State Park.



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