

Health Enhancement

Fitness for the total person

By LORRAINE McCLISH

Farmington YMCA will begin its physical-fitness programs for the new year under the heading of Health Enhancement, carried out in keeping with a philosophy of preventing heart diseases or problems.

Beginning with the mandatory health screenings and fitness evaluations, it encompasses a total of seven programs.

"It's an educational program for the individual," said Kay Burns, fitness director for the Y.

"It develops the individual's awareness of his or her body and all of the risk factors involved. Then we use different avenues in a progressive system to bring them up to or maintaining good physical fitness."

MS. BURNS was the first person to have the title of fitness director for the local Y. She got the title in 1974 at a time when Americans had become highly conscious of being physically fit. She was the only fitness specialist on the staff at the time.

Now she has a staff of 11 to carry out the program she has devised, which runs from keeping a healthy back to managing stress.

"I live it out myself," she said. "I know what works and what doesn't

work and I personally train all the instructors.

"Our program deals with the total person," she said.

The program's policy demands that all persons who wish to participate must go through a complete physical screening that takes about one hour. The process includes checking the four commonly accepted risk factors of heart disease — smoking, cholesterol, blood pressure and percentage of body fat.

The minimum risk levels were established by the Metropolitan Detroit YMCA Medical Advisory Committee.

If the participant's screening results exceed the established minimum standards, they might be refused entry into a class of their choice or another class might be recommended. Those who fulfill the screening requirements move on to a fitness evaluation that includes tests to evaluate heart and lung endurance, body composition, flexibility and muscular strength.

Again, physical-fitness specialists may intervene with a recommendation or may confer with the individual's physician for a judgment.

PHYSICAL evaluations continue

(Continued on Page 8B)



Up close, the T-shirts that advertise a new physical fitness program at the Y read "Dynamic people do Aerobics." The instructors are Patty Bakken (left) and Ina Stevens.



Elaine Abel (at left) and Kay Burns demonstrate how blood pressure is monitored after a workout on the bicycle as the physical-fitness minded participants run through a screening of risk factors before entering the program. The entire process takes about one hour.



Body toning, a class designed for women only, is taught by Barbara Ryan. Exercisers use small weights for this class to help women deal with special spot reduction, firming, shaping and toning, and work out twice a week for maximum beneficial results.

Solar energy heats, lights new office building in Hills

A new office building at 33450 W. 12 Mile Road was featured by the Masonry Institute at a recent architectural convention, and has also gained the attention of Lawrence Institute of Technology architectural department.

The contemporary building and landscape plan, designed by the architectural firm of William P. Lindhout Associates, A.I.A., and constructed by T.H. Marsh Contracting Engineers, is owned by Hollis and Barbara Johnson of Farmington Hills.

The energy efficient building has clerestory windows which provide additional natural light and allow solar energy to be utilized through the fresh air intake heating system.

Extensive use of interior glass and rigid insulation between the masonry and brick in the exterior walls together with double glazed bronze tinted thermopane glass and automatic day and night thermostatic control further enhance the passive solar system building.

Also featured in its interior are custom made direct-indirect parabolic lighting suspended by pendants from open ceilings. The lighting concept produces a soft, non-glare atmosphere but maintains uniform foot candle power for well lit working conditions.

A TOTAL interior-exterior blending concept has been accomplished through the landscape design, large glass areas, extensive use of interior plants and a combination of materials such as clearheart redwood, solid red oak and earth-toned brick utilized in both exterior and interior decor.

The design concept eliminates the need for window coverings for winter or summer.

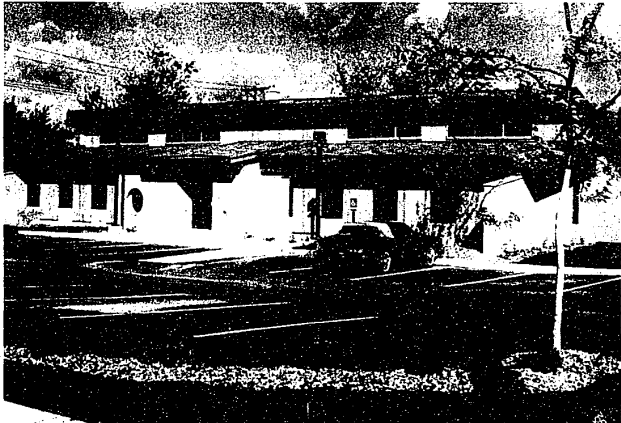
The building houses the accounting firm of Hollis W. Johnson P.C., Certified Public Accountants. The offices of the firm are designed with island walls

into a floor plan providing a combination of efficiency, comfort, attractiveness and functional privacy.

Johnson is a member and past president of the Farmington Area Lions and a board member and accountant for Farmington Community Center. Mrs.

Johnson is also an accountant and a member of the Johnson firm.

The building will also house the offices of James E. Zann, attorney, the District Sales office of the Soo Line Railroad Co., and Carol Ann Payne, an investment counselor.



The Johnson Building, recently opened for business at 33450 12 Mile Road, provides a combination of maximum efficiency, comfort and attractiveness using solar energy.

Fine Traditional Furniture & Accessories including FLOOR SAMPLES, DISCONTINUED ITEMS, ONE-OF-A-KINDS, SOME "AS-IS" SELECTIONS, ODDS 'N' ENDS!

Fine furniture at exceptional savings! Choose from such famous manufacturers as Ethan Allen, Henredon, Century, Harden, Hickory, Simmons, and some European Imports. A selected group from names you have grown to trust for superb workmanship and design. Shop wisely for best selection. Of course, DELIVERY IS INCLUDED!

Come to our China and Gift Shop for some great Year-End Specials, too!

**SAVE 25% TO 50%!**

Our China dishes are brimming with some very special values: mark downs, close-outs, one-of-a-kinds, all from famous artisans. Choose from a selection of COLLECTIBLES, COOKWARE, GIFTWARE, ETC. Shop today!

• ALL SALES FINAL  
• NO SPECIAL ORDERS  
• NO LAY-A-WAYS  
• ITEMS SUBJECT TO PRIOR SALE

Wiggs

OPEN TONIGHT AND FRIDAY TIL 9 P.M. USE VISA CARD, MASTER CARD, WIGGS PLAN 25

4080 TELEGRAPH RD. (at Long Lake Rd.) BLOOMFIELD HILLS • 611-7370