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# Fitness: 'the Vogue thing'

(Continued from Page 1)

Where males might be attracted to the macho image of Herculean muscles, explains Ms. Wayne, women see weightlifting as an activity which tones up existing muscles and makes them feel better about themselves.

"Women don't feel the need to prove their strends."

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such as

"If you are not in good shape it would be too taxing for you. Muscles aren't built by just progressive resistance. You have to have protein and keep up with the vitamin aspect of it."

SILVERS GYM is not alone in at-tracting new clients interested in con-

them feel better about themselves.

Women ohn't feel the need to prove
their strength."

Women who do work out at Silvers

Weight, either. "A to of women are under weight or even of average weight
and come here to tone up their musticles. Some even enter competitions."

Ms. Wayne explains that weightlifting is an effective way to gain weight
The women that we do see coming
here to work out are already in good

shape.

there's also a great deal of activity at such places as Collseum Racquet Club in Westland, Racquettem in Livonia, Rose Shores Racquet Ball in Canton, and at the Rebel Gymnastics Club in Garden City.

Other health-related firms include the Dynavit Computerized Bicycle Engoneter company in Livonia, Beck's Emil Sauna in Westland, Emma's (a health fool, restaurant in Plymouth), Dancet Indiana and unmber of retail health fool stores — more than 45 in western Wayne County alone.



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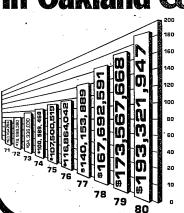
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