

While Panthers play Other cats in town getting in shape

By Carol Azizian
staff writer

It looked more like the production of a zany comedy set in a plush New York discotheque than a training session in a sweaty Detroit Lions' locker room.

Those big, muscular, football types were shouting out X-rated catcalls, making Latin-bustle-type disco dance movements, kicking their legs up in the air as the Rockettes and chaining each other around in circles like Keystone cops.

Sometimes they sang in unison to the disco music playing on a Sony Walkman radio. "You make me feel mighty real" . . . or "Come on, get on the Dutch Dutch bus."

But amidst all the frolicking, the Lions were roaring, or rather, groaning. First, there were just the sounds — "oooh" and "aaahh" — then the brief, declaratory sentences — "Lord, that hurts" — and finally, the definitive, philosophical statements — "this is survival of the fittest."

The jeers from the back of the room summed up the intensity of the exercise — "hey, you forgot your whips and chains."

This wasn't the making of an X-rated movie. It was, in fact, part of the Detroit Lions' off-season training program.

For the past month, the Lions have been practicing aerobic dancing and cardiovascular fitness, thanks to the foresight and inventiveness of Gary Wade, their strength and conditioning coach. And, thanks to the stamina and sheer determination of two women — Lori Pryor and Jill Tosolan — who own

the Regency Exercise Company in Southfield.

"IT'S A GOOD change of pace from their workout routine," Wade said. "The routine gets to be tedious."

"And it's beneficial because it hits on flexibility more than we normally do," Wade said he selected the two Southfield instructors because they had the most impressive credentials.

Both women have been teaching aerobic dance and cardiovascular fitness programs for several years. Pryor also has training in stress management. Tosolan is a cardiac-care nurse with a background in nutrition.

The pair said they intensified and lengthened their usual workout program to gear it for the Lions.

"The level of the workout is the most intensive we've ever developed," Tosolan said.

Pryor said they try to incorporate "talking, clapping, counting and singing" with the rigorous exercise routine to keep the monotony going.

"It also develops camaraderie," she added. "The more fun they have, the harder they work."

LINEBACKER ROOSEVELT Barnes admits he and other players were a little skeptical when they were first told two women would be training them twice a week.

"Some people didn't take them seriously," he said. "Here's these big muscular guys taking orders from little bitty women."

"For the first 20 minutes everybody was laughing. Then they stopped because it was too strenuous. A couple guys couldn't finish."

Quarterback Eric Hipple said he was a "little nervous" when he first began the program.

"None of us had done this before. I wondered whether I would be coordinated enough to do the dance steps."

"After the first workout, I thought to myself, 'I must be completely out of shape.'"

Now Hipple enjoys the aerobic workout so much that he practices it on his own. "I even go to the (company's) studio in Southfield," he said.

Wide receiver Freddie Scott agrees that it's a "very good, intense workout."

"It's tough initially," he admitted. "But once you get going, you look forward to improving your flexibility."

"Aerobics is more than just physical exercise," he added. "It's a mental exercise to see how long you can go before you're fatigued. It's great for endurance."

Scott, who is working toward a medical degree, said he finds the training extremely beneficial because "you work muscles that are usually dormant."

And, it's "more fun than a regular workout," he said.

But will aerobics training help him on the field?

"A wide receiver needs to increase his flexibility because he runs a lot," Scott said. "I think this will make a tough catch a lot easier."

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That no swelling was evident in your joints, and that blood tests revealed no indication of inflammation, does not mean that "nothing is wrong." What well may have occurred is that your body was subjected to a stress which it almost, but not quite, overcame. Some effect of this insult lingers, and is the source of the pain and fatigue you continue to feel. Your body's defense mechanisms have eliminated many of the landmarks physicians use to identify the type of illness that is occurring. As a result the doctors have difficulty identifying the cause of your distress.

In these circumstances, appropriate therapy is rare, heat to the involved areas, and medicines, of proven worth such as aspirin, if nothing shows, do not be discouraged. Something is there but it can be treated.

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Health professions discussed at WSU

The Wayne State University Division of Enrollment Services will host a program on medicine and the health-related professions for high school juniors and seniors Wednesday, May 25, on the WSU campus.

Dr. Martin Barr, dean of the WSU College of Pharmacy and Allied Health professions, will open the program at 9:30 a.m. with a welcome address to participants. Other WSU faculty will discuss career opportunities in their fields. They include Dr. Charles Vin-

cent, medicine; Dr. Paul Munzenberger, pharmacy; and Dr. Stephanie Clatworthy, nursing. This will be followed by a panel discussion on "The Road to a Career in Medicine," featuring representatives from the School of Medicine and the Liberal Arts Advising office.

The program also will offer an open session in the second-floor ballroom of the Student Center Building during which students will be able to meet and talk with faculty and students from 18 health-related disciplines.



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way to start working towards a responsible future.

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