

An exercise devotee

Several years ago, I had the opportunity to supervise an adult fitness and calisthenic program at a local YMCA. One participant, Jim H., was perhaps the most dedicated exercise enthusiast I ever have seen.

I watched Jim several evenings a week go through his ritual of 20 to 30 minutes of vigorous calisthenics followed immediately by a three- to four-mile run.

Jim was particularly conscientious to take every opportunity he could to "cram in" as much exercise as possible within each conditioning session.

DURING HIS upper body calisthenics, Jim moved quickly from exercise to exercise while keeping his legs simultaneously moving in place.

I noticed that he jogged with a clicker in his hand, logging each lap he covered, always running on the "outside" rather than the inside of the track. As he ran, he would constantly watch the large clock with the sweep second hand so as to drive his sweating body to maintain a seven-minutes-per-mile pace.

After he finished his run, Jim would stay moving and literally sprint to the weight room for some light lifting and progressive exercise. This was followed by a few chinups, dips on the parallel bars and situps on the slant board.

Finally, I noticed that even in the steam and shower room Jim would continue to bend and

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stretch his flexible, athletic body, putting the final touches on his workout.

AS WE LEFT the Y together one evening and began walking the 50 or so yards to the parking lot, Jim suddenly stopped to get in his car — parked adjacent to the building in a space marked "Reserved for the Handicapped."

I asked, "Jim, why do you park your car here?"
"Too far to walk," he replied.
Fitness is a funny business.

A Farmington Hills resident, Barry Franklin, Ph.D., teaches in the Wayne State University Medical School and is in cardiac rehabilitation at Sinai Hospital.

YWCA campaign keeps women safe

A Women's Safety Campaign will be launched by the YWCA of Metropolitan Detroit the week of Nov. 28-Dec. 3.

The campaign will focus on preventative measures today's woman can implement into her daily routine to lessen her chances of becoming a victim of rape, assault, mugging and other crimes.

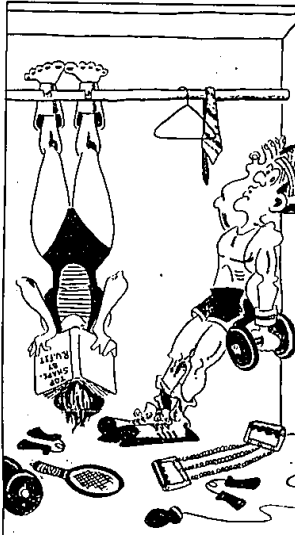
"Everyone needs to have an orientation to self-defense," said Karen Williams, YWCA executive director.

"The fact that we are prepared and can look out for ourselves enables us to manage our own lives and increases our self-confidence."

Williams said it is appropriate that the YWCA celebrate its 125 years of service "by contributing to each woman's freedom from fear on the streets — a current and growing concern."

Special presentations will be designed to increase the awareness and safety of women in their homes, on the streets and in their cars, along with programs focusing on self-defense for women. The events will be offered free of charge as a public service through the YWCA's of Metropolitan Detroit in cooperation with local law enforcement agencies.

Oakland YWCA will present a film and discussion on "Self-Protection" by Oakland County Deputy Mark Cooper. The events will be from 1-3 p.m. Monday, Nov. 28 and 7-9 p.m. Tuesday, Nov. 29 at 839 S. Crooks, Clawson.



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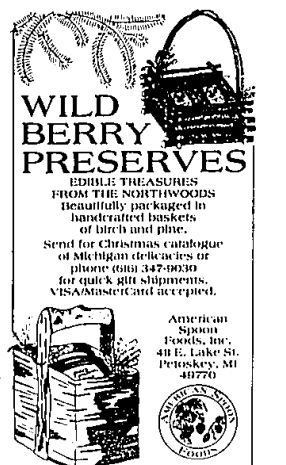


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