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WALDEN'S SPA & FITNESS CAMP
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AUGUST 18 - 24
GUEST LECTURER: DR. VICTOR KATCH, PROF. OF KINESIOLOGY
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Senior citizens utilize aerobics

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clases, Young said they're tailored for senior citizens. While younger persons doing aerobics work up to pulse rates of 160, the seniors in the class go up to about 120 or 130.

The exercises also are termed "non-impact," meaning that none of them involve having both feet off the ground at the same time. That saves injury to knees and ankles, Young said.

THE CLASS generally begins with warm-up exercises, then continues with 25-30 minutes of aerobics. It finishes with flexing and floor exercises, and a five-minute relaxation period.

Participants are required to sign waivers

and releases saying they received approval from their doctors to take the course.

Young, who teaches aerobics to other age groups with partner Nancy Boos through the Bloomfield Hills School District community education department, said she sees more dramatic improvements in the seniors.

She theorizes this is because they had healthier bodies to begin with. As young people, they walked more, worked harder physically and ate better food because it contained no additives. In a sense, it's easier for them to regain a healthier body, she said.

The current six students signed up for the course in January. Young expects a higher turnout for the next session, beginning April 15, when many seniors will return from their winter vacations.

What is a good heart rate?

Exercise intensity for aerobic conditioning is measured by heart rate. A good activity level is 70 percent of your maximum heart rate, which is determined by subtracting your age from 220. Thus, the recommended exercise heart rate for a 40-year-old person is 126 (220 minus 40 times 70 percent).

People who are physically fit generally have lower resting heart rates than those who are not, which means that their hearts don't have to work as hard to pump blood.

A reduction of 10 beats per minute in a person's resting heart rate can save more than three weeks of work for the heart over the course of a year.

To avoid excess strain on the heart, and injury to your muscles, warm up for about five minutes before working out, and cool down after exercises. Never abruptly stop exercising. The sudden stop in motion may cause lightheadedness or muscle cramping.

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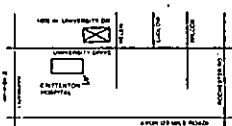
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