



photos by DAN DEAN/staff photographer

Mike Anthony, 1989 Mr. Michigan, gives Bill Parker individual instruction as part of his shape-up program at the One-on-One Athletic Club in West Bloomfield.

When all else fails . . . exercise!

By Bill Parker
staff writer

"What's that, an inner tube around your waist?"
"Get that refrigerator off your back and you could run a little faster."
"Oh, gaining a little weight, hey Billy? Ha, ha!"
"You look like the Pillsbury Dough Boy."
I've heard it all and I think I've had just about enough.

I admit I've filled out a little more in some spots than others, but I feel I'm a product of my environment.

See, when I graduated from high school some 13 years ago I sported the trim, firm physique of a typical jock. I was in good physical condition back when I enjoyed a daily dose of athletic competition. But 13 years of relative inactivity has taken its toll on this now soft, unconditioned body.

It started when I became a part-time bartender trying to make ends meet back in 1980. Working in such an environment has its pitfalls — such as being able to indulge in the beverage of your choice (Budweiser was my choice) on a daily basis.

A few years later, after furthering my education, I landed a job that keeps me nice and comfortable. I write sports. I sit and watch others sweat, then go back to the office, sit down and write about how hard those athletes worked.

I'll be the first to admit that pushing a pencil for pay has worked wonders for the development of a plump posterior.

ENOUGH IS ENOUGH. I've said it for several years, but I've decided to do something about it. This time I will.

Since this is National Physical Fitness month, I've decided the best time is the present. I'm going on a weight-loss program.

Forget the grapefruit diet, diet pills and diet milkshakes. I'm going for the real thing — permanent loss. And I'm going to lose weight the old fashioned way — by working it off. Sweating it off. That's right, I'm going into training.

Through the coordination of the Package Deal Inc., I've been set up on a 90-day training program at the One-on-One Athletic Club in West Bloomfield.

The concept of training at One-on-One is that members

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receive personal instruction throughout their training program. I've been fortunate to land one of the best as my personal instructor/trainer, Mike Anthony, the 1989 Mr. Michigan.

My objective isn't to bulk up and contend with Anthony for the Mr. Michigan title (that's an unrealistic goal; Anthony is huge), but rather to trim down my weight and firm up the muscles I know I have lurking somewhere beneath the inches of camouflage (fat).

According to Anthony, you don't have to spend your entire life working out in a gym to develop and maintain a trim, firm physique.

"If you devote one little hour a day it will make all the difference in the world," Anthony said.

I'LL BE training one hour a day, four times a week for the next three months to see if Mr. Michigan can pass his toughest challenge yet — turning this soft, round body of mine into a lean, mean, muscle machine.

The program I'll follow will include warm-up on the Life-cycle, then an hour of intense workout on Nautilus machines and free weights. I'll also be watching what I eat.

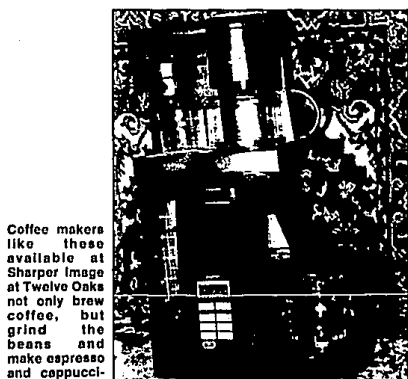
"Think natural," said Anthony when asked about what foods I should eat. "Try to go easy on the dairy products and sweets and watch the red meat. Just use good judgement. You know what's good for you; things like fruit, vegetables, chicken, fish, turkey."

I'll be checking in with my colleagues at Steet Scene on a periodic basis and reporting the details of my anguish . . . er, I mean my program, so stay tuned and watch the pounds melt away.

But please, don't send any cinnamon rolls.



Bill Parker's 90-day program starts with a warm-up on the life cycle, then an hour of intense workout on Nautilus equipment and free weights.



Coffee makers like these available at Sharper Image at Twelve Oaks not only brew coffee, but grind the beans and make espresso and cappuccino.

ART EMANUELE/staff photographer

'90s coffee makers do more than perc

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ers that do everything from ground the beans to brew the coffee in a ready-to-serve thermos.

That 4-cup hotpot without a switch (to turn it off, you yanked the plug) or even a "dial-a-brew" control may have been good enough to get you through college. But now that you're established you're ready to move on.

The choices are myriad and the prices are, well . . . who's going to throw \$40-per-pound Jamaican Blue Mountain blend into a \$15 coffee pot, anyway?

A Sharper Image store in Twelve Oaks mall, Novi, you can drop \$169 for a combination coffee/cappuccino/espresso maker from Braun. The sleek Euro-style machine designed by Braun's Thomas Haslacher comes in black or white and will brew eight cups

said James Bobco, assistant manager.

The cappuccino portion of the machine includes a steamer valve to warm milk, Bobco said.

AT HUDSON'S Oakland Mall store in Troy, it's straight coffee most of the customers are after, said Joe Mariani, who works in the Marketplace department.

"The cappuccino seems to be for special occasions, or for people who drink an awful lot of coffee and want something different," Mariani said.

The store's "bread and butter" coffee maker these days is a Krups 12-cup model with timer, he said. For \$99.95 you get to stay in bed a few extra minutes each morning while the machine brews the stuff by itself (provided, of course, that you put the grounds and water in the night before).

Krups Thermal Aroma model is the maker preferred by James Wertheimer, who owns the Coffee Beanery Ltd. franchise at Westland Center.

But Wertheimer said the machine — which was introduced last year and brews coffee directly into a transportable insulated carafe — hasn't been a big hit with customers. He's currently discounting it 15 percent from its \$89.95 introductory price.

"What happens (with a non-insulated carafe) is that the coffee sits on the burner and begins to burn," he said. "But I guess people really like to see the coffee being brewed and you can't do that with this one."

THE STORE also stocks a Mill-and-brew machine by Melitta that grinds the beans and then brews them. That one goes for \$174.99. Even the venerable and formerly

low-tech Mr. Coffee has gone upscale.

The newest Mr. Coffee model, introduced in March, includes a microchip and a high-powered heating element that will brew 10 cups up to 35 percent faster than previous models.

The expert, as its called, allows the user to constantly control the coffee temperature and features a pause and serve valve so you can pour a cup before the brewing cycle is complete.

The \$79.99 (suggested retail price) machine also uses an environmentally friendly filter made from chlorine-free paper. The production technique requires half the number of trees to turn out the same number of filters as previous models, the maker said.

The only thing they haven't gotten rid of is Mr. Coffee himself, Joe DiMaggio. Thank goodness.