

RECREATION NEWS

Fitness from page 11A

Each week, the recreation division of the Farmington Hills Department of Special Services presents a synopsis of upcoming activities. For more information regarding programs, call the recreation office at 473-9570. For city council agenda items, call the Newsline at 476-3838.

HERITAGE PARK SHELTER RESERVATIONS
At the Department of Special Services office, Farmington/Hill residents, in person, may reserve one of the three different shelters within Heritage Park. Rental and deposit money must be paid at the time of reservation. To obtain rental fees and location and size of shelter, call the registration office at 473-9570.

SWIM LESSONS
Beginning Feb. 21 there will be a five-session swim lesson program at the Mercy Center pool. Classes from beginner preschool through advanced youth are available at various times Monday through Saturday. Pre-registration is now being accepted at the recreation office. Fee is \$25 per person.

SOFTBALL REGISTRATION
New teams may now register for an adult summer softball league at the recreation office. Leagues available include men's, women's and coed. There are 14 games plus playoffs for the men's and women's leagues, and 10 games plus playoffs for coed leagues. Registration fees are \$410 for resident/industrial, \$460 for open, and \$355 for coed. Call 473-9579 for additional information.

ASTRONOMY
From 7:30-9:30 p.m. Wednesday, March 2, at the Heritage Park Visitor Center, Mike Best will discuss asteroids, comets and meteors and how they affect Earth. Pre-registration fee of \$5 per person or \$15 per family is required.

EUCHE RE TOURNAMENT
Get your partner and register for this year's first euchre tournament, Friday, Feb. 25, from 7-10 p.m. at Heritage Park Visitor Center. Event will be played in a "round robin" format that will allow play the entire evening. Awards will be based on the number of teams registered. Refreshments provided. Pre-registration fee of \$12 per couple required.

BASIC WATER SAFETY
This class emphasizes personal and community water safety and may be taken by anyone of any age, regardless of swimming ability. The class will meet at Mercy Center Pool on Mondays, Feb. 21 and 28 and March 7 from 5-8 p.m. This class is ideal for families, scout troops and other community groups or individuals interested in general water safety. Pre-registration fee of \$25 per person is required.

CRIBbage TOURNAMENT
On March 18 at the Visitor Center in Heritage Park, an individual play cribbage tournament will be from 7-10 p.m. A "round robin" format will be played to allow play the entire evening. Awards and refreshments provided. Pre-registration fee of \$6 per person required.

"It's a complete fitness profile," Pienkosz said. "We're trying to sell good health as a way to achieve quality of life."

The Microfit computer analysis measures different aspects of fitness, such as endurance and flexibility, but the elements are not seen as separate.

"A lot of time people who do not have good flexibility get injured or have back problems even though they are in otherwise good shape," Pienkosz said. "That's because without good flexibility, you can strain or pull muscles."

Pienkosz, himself an avid runner, said runners sometimes forgo stretching and strength work in favor of higher miles only to injure themselves because they did not have a balanced fitness program and lacked flexibility.

'It (Microfit Fitness Evaluation) doesn't compare you to everyone. It compares you to people your age and your sex.'

Ed Pienkosz Jr.
exercise physiologist

Some warning signs

Many people who have a great deal of strength lack endurance, a warning sign of possible health problems that could tap their strength and fitness down the road.

Although the person's weight is taken during the evaluation, body fat percent is the more accurate indicator of fitness, said Chris Ward, community relations coordinator for Botsford.

"It's a better indicator of fitness than weight," he said.

After the test, the individual is given a graphic printout of results in the five categories: body fat, strength, flexibility, heart rate, blood pressure and aerobic fitness. The exercise physiologist then prescribes a program for the person tested to improve areas of weakness.

"People can then work on areas where they tested lower and come back," Pienkosz said.

Some negative stats

And if you need convincing,

Pienkosz will gladly recite some negative statistics on health in Michigan from the Michigan Department of Public Health.

Michigan has:

- The worst rate for chronic disease deaths.
- The highest rate of overweight residents.
- The highest rate of high blood cholesterol.
- The third-highest rate of cigarette smoking.
- The ninth-highest rate of high blood pressure.
- The fifth-highest mortality rate for chronic heart disease.

Although several area companies use the center's facilities and services, Microfit and individual exercise programs can be developed through TRACC, Pienkosz said.

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