



SHARON LEMIEUX/STAFF PHOTOGRAPHER

Coming back: Livonian Matt Feensta, a quadriplegic, works out in the modality room at Total Rehabilitation and Athletic Conditioning Center (TRACC), a community service facility of Botsford General Hospital, Farmington Hills.

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try it out at no charge. They also can supply a list of local retailers that sell popular exercisers, such as treadmills, ski machines, stair-steppers, rowing machines and bicycles.

There's more exercise equipment in the marketplace today than five years ago, said Steve Castine for MGM Bicycle & Fitness Equipment, Plymouth, West Bloomfield, Rochester Hills and Birmingham.

"The toughest part is not what to buy but which you'll use. Before focusing on one piece of equipment, try out several to decide what feels natural to use," said Castine, who tells clients to add variety to their workout by cross-training.

The dual-action bicycle is one of MGM's most popular exercisers because it provides upper and lower body movement, allowing you to reach target heart rate faster than a single action model. Dual-action bikes sell for \$400 to \$600, or about three times less than most treadmills, Castine said.

NordicTrack's Aerobic Cross-Trainer is the first single piece of equipment that offers the benefit of cross-training indoors. It combines a treadmill, cross-country skier and stair-stepper in one

machine. By using all four modes of exercise in a regular workout, you can tone and strengthen all the major muscle groups, improve cardiovascular performance and raise metabolism for faster calorie burn.

"Specialty stores are the best places to look for fitness equipment that will last," said Diane Reardon, owner/manager of Wate-Man, Livonia. "Often, you can't try out the equipment in department stores and, if it's displayed, the staff may not know how it works or what its health benefits are."

Wate-Man and other specialty stores usually have an in-store service department, Reardon said.

TRACC offers a three-month exercise program to the general public that's geared to building a healthy lifestyle. It includes a computerized evaluation of your muscle strength and fitness level and a prescribed exercise program. Participants also consult with a dietician and receive post evaluation. The cost is \$200. For information, call 313-473-5600.

Metro Newspaper Service provided information for this report.



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