

SHARON LEMIZUX/STAFF PHOTOGRAPHER

Coming back: Livonian Matt Feensta, a quadraplegic, 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 Bicy-ele & Fitness Equipment, Plymouth, West Bloomfield, Rochester Hills and Birmingham.

The touchest part is not what to huy but which you'll use. Before focus-ing 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-

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, Dunl-action bikes sell for \$400 to \$600, or about three times less than most treadmills, Costine said.

NordicTrack's Aerobic Cross-Train-

er is the first single piece of equipment that offers the benefit of cross-training indoors. It combines a treadmill, crosscountry 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 per-formance 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/man-oger of Wate-Man, Livonia. "Often, you can't try out the equipment in de-partment 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 life-style. It includes a computerized evaluation of your muscle strength and fit-ness level and a prescribed exercise program. Participants also consult with a dictician and receive post evalu-ation. The cost is \$200. For informa-tion, call 313-473-5600.

Metro Newspaper Service provided information for this report.



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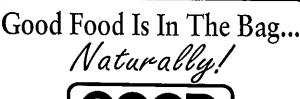
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