

THURSDAY, DEC. 12, 1996

# COMMUNITY LIFE

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SALLY RANDALL

## Join mall walkers for indoor fitness

What makes you feel good, requires no special equipment, except for a good fitting pair of shoes, and helps reduce the risks of any chronic diseases? The answer: WALKING.

Walking is fast becoming America's most popular fitness sport. Webster defines the word "walking" as advancing by steps. That's what makes this simple act so easy and beneficial. You advance to your level of endurance one step at a time.

Walking at any speed is beneficial. Walking burns calories, builds muscle strength, helps keep bones strong and gives your heart and lungs a workout. What's great is as you increase the length of time you walk and your speed, the benefits also increase. For example, walking more briskly (at a rate approximately one mile every twenty minutes) greatly increases the cardiovascular effects of exercise as the heart must pump faster in order to get the oxygen to the cells where it is needed.

There are equations to figure your heart rate, but for those who just want to get out and get some exercise, you can judge your intensity by the talk test. If you cannot talk while walking, then you are walking too fast.

Walking also decreases the risks associated

See WALKING, B2

## Clinic gives skiers safety plan

Whether a novice or an expert, cross country or downhill fan, skiers should get in shape before hitting the slopes or trails to avoid injury.



By MARY RODRIGUE  
STAFF WRITER

Sandra Dunn describes herself as fairly athletic, but the 28-year-old Botsford Hospital nurse hasn't skied in over ten years.

"I have a few ski trips planned up around Collingwood (Ontario)," said Dunn, who lives in Windsor. "I want to make it more educated."

Dunn and two of her skiing buddies attended Botsford Hospital's first ever ski clinic last Saturday at the hospital's Total Rehabilitation & Athletic Conditioning Center (TRACC) in Novi.

For \$20, participants got lectures from professionals on injury prevention, skier education, new equipment and proper clothes, even nutrition. Perhaps the biggest bargain of the day was a personal assessment for each participant by physical therapists rating their muscle strengths and weaknesses.

"The popularity of skiing has increased in recent years and with more people on the often crowded slopes, injuries are likely to occur," said Jeff Weir, a certified athletic trainer at TRACC and the ski clinic coordinator.

"We run a golf clinic and a running clinic, we thought this would have appeal to others."

The clinic was designed to help downhill and cross country skiers, as well as snow boarders, prevent



PHOTO BY TOM HOFFMEYER

Bend and stretch: Christy Zoutendam, certified athletic trainer, helps Linda Cunin of Novi perform stretching exercises at the Botsford ski clinic last Saturday.

injuries, which are most commonly sustained to the knees, and to assist skiers in gaining confidence in their skills so they can better enjoy themselves on the slopes.

According to statistics, for downhill skiers, the most common injuries are to the knee, shoulder and thumb. For cross country skiers, ankle injuries are most prevalent because of the low cut boot

worn. "The skier has responsibility to properly yield, obey all the posted signs, and no stopping where others can't see you," Weir cautioned.

Ed Fienko, an exercise physiologist, urges skiers to pre-season condition before heading out to the slopes.

"Sometimes skiers pay more attention to their great new clothes.

They go out west and stay inside the lodge because they're too uncomfortable to ski," he said.

"Skiing is a whole body sport. If you're more efficient, you will ski smoother. The time for pre-season conditioning begins a good eight weeks prior to the first ski run."

Cross country skiing is a top aerobic activity that uses more muscle

See SKI CLINIC, B2

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