

Fitness

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life. We found even with people 80 or 90, if you can improve strength and flexibility, then we have them able to do daily functions."

Swing dancing is neck-in-neck with kick-boxing in popularity. The Sunday afternoon classes at Schoolcraft College are filled, and Gans said more than 30 people have been turned away.

If you just can't shove those dancing shoes until spring, swing dance classes for adults, as well as middle and high school students, begin Wednesday (Jan. 27) through Plymouth-Canton Community Education. Space is available, said Harshman. The eight-week class costs \$30.

Yoga classes also are available through PCCE. "My yoga is just spectacular," said Harshman. "I'm offering three classes. You just fall in love with the instructor for the moment he speaks." The eight-week classes begin Jan. 26, 27 and 28 and run 7-8:30 p.m. The cost is \$36.

Pedal power

For those who want to pedal their way to fitness, the Livonia YMCA offers "Studio Cycling," an intense, aerobic cycling class led by an instructor against a background of music. And for those who favor wintertime tennis, Plymouth-Canton offers "Platform Tennis" on the heated courts of the Ann Arbor Platform Tennis Club in Dearborn.

The four-week class runs noon to 1:30 p.m. beginning Tuesday (Jan. 24). It costs \$40. Balls can be rebounded and played off the chicken wire screens that surround the one-third court.

"You get heated running back and forth. You don't sit and worry about the cold," said Harshman.

For those seeking more individual attention, the Livonia YMCA offers a 12-week Personal Fitness Program. It's a behavioral modification program tailored to both regular and sporadic exercisers that requires signing a statement of commitment. The cost for nonmembers is \$230.

People enrolled in the program work closely with exercise coaches to track their improvement.

After an initial assessment of fitness status and goal establishment, they meet four times with their coach an individual basis.

"This is also a paperwork thing, so we document the product," said Roger Hoon, personal fitness director. The program also requires enrollees to sign an activity log on each visit. "You feel accountable when you know that someone knows if you're

coming in."

In case you're wondering, the initial fitness evaluation for the Personal Fitness Program includes that inevitable skin-fold test. Don't worry, said Hoon. The YMCA's exercise coaches have tact. "They're trained not to say, 'Oh, my God!'"

For more information on class schedules and costs, call Botsford Center for Health Improvement-TRACC at (248) 473-5600; Plymouth-Canton Adult/Community Education at (734) 416-2940; Schoolcraft College CES-Physical Fitness at (734) 462-4413; and Livonia Family YMCA at (734) 261-2161.



STAFF PHOTO BY SARAH LASSLEY

Platform for fitness: Jill Johnson of Plymouth in the step class at TRACC.

Heart arrhythmias vary in diagnosis, seriousness

Generally, arrhythmias can be classified as rapid heart rhythms and slow heart rhythms. Common rapid heart rhythms include:

■ **Supraventricular tachycardia (SVT)** occurs when an extra pathway exists in the atria, in the AV node, or in between the atria and ventricles. It causes rapid heartbeats. Winston said SVTs are congenital and most often show up between the ages of 20-40. However, they can appear much later.

■ **Atrial ventricular nodal re-entry tachycardia (AVNRT)** is the most common form of SVT. An extra pathway exists in or next to the AV node. An electrical impulse in this pathway may travel in a circular pattern, causing the heart to contract with each cycle and resulting in a very rapid, regular heartbeat.

■ **Wolff-Parkinson-White (WPW) Syndrome** results from an abnormal bridge of wiring connecting the atria and ventricles. Electrical impulses bypass the AV node, resulting in a very rapid heartbeat.

■ **Atrial fibrillation** results from multiple sites in the atria firing uncoordinated electrical impulses. The result is an irregular, erratic and usually rapid heartbeat. It often causes a pounding or fluttering sensation in the chest.

■ **Atrial flutter** is similar to atrial fibrillation; however, contractions of the atria are more coordinated, and the heart rhythms are more regular.

■ **Ventricular tachycardia (VT)** results from abnormal electrical pathways in the ventricles, usually in a heart muscle area that has been damaged by heart attack or disease. An episode of VT may last only seconds. Occasionally, it may last several minutes or, rarely, several hours.

■ **Ventricular fibrillation** results when multiple sites in the ventricles fire very rapid, uncoordinated impulses. The ventricles quiver and cease to pump blood effectively. Death follows within minutes without emergency treatment.

Common slow heart rhythms include:

■ **Sick sinus syndrome** results when the sinus node fails to send electrical signals often enough, skips some signals, or sends too many signals. As a result, the heart may beat too slowly, pause for too long, or alternate between being too slow and too fast.

■ **Heart block** results from a partial or complete interruption of the electrical pathway to the ventricles. The ventricles are stimulated by a "backup pacemaker," which is slower and less reliable than the sinus node. Heartbeat may be very slow.

Mitral valve prolapse also can cause palpitations and can be picked up by listening to someone's chest. It may cause chest pain but it is not associated with heart attacks. It occurs in about 5 percent of the population. It is not necessarily pathologic. It runs in families," said Harber.

MARKETPLACE

ISO certification

Ritter Engineering Company has been awarded ISO-9002 certification for their Farmington Hills location.

The ISO 9000 quality standards demand specific quality system requirements. Ritter Engineering underwent and passed a rigorous quality system audit by Global Registrars, Inc. of Pittsburgh, Pa., a third-party registrar.

Ritter Engineering is headquartered in Pittsburgh, with service centers in Farmington Hills, MI; Chicago; Milwaukee,

WI; Erie, Pa.; and Philadelphia. It was founded in 1951 as a distributor of fluid power and lubrication components and systems. Hydraulic Company of America, an engineering and manufacturing subsidiary, was added later.

Ritter is recognized as the world's largest distributor for Parker Hannifin, a worldwide leader in the production of motion and control components and systems for the industrial and aerospace markets.

International partnership
Carlisle Engineered Prod-

ucts, Inc. of Livonia, a rubber and plastics components supplier that provides engineering and design support to automotive OEMs and Tier 1 suppliers, has formed an international manufacturing and marketing agreement with Dieth Blankenheim, a similar rubber-components designer and supplier in Blankenheim, Germany.

Carlisle Engineered Products is headquartered in Chardon, Ohio, and has design, sales and marketing offices in Detroit.

NATIONAL EyeCare MONTH

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Have you been diagnosed with diabetes for 10 years or longer? ☐ Yes ☐ No

Are you of African-American heritage over age 40? ☐ Yes ☐ No

Has it been 2 years or longer since you've seen an Eye M.D. (Ophthalmologist for a medical eye exam)? ☐ Yes ☐ No

Have you ever had a serious eye injury? ☐ Yes ☐ No

Do you have a 1st-degree relative (mother, father or sibling) who has or had a serious eye problem? ☐ Yes ☐ No

Have you noticed a sudden change in your vision over the past few months?

If you answered yes to any of these questions, you MAY be at risk for certain serious eye conditions.

Contact your Eye M.D. (Ophthalmologist) today to schedule an eye exam. Decide today to see tomorrow.

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January is National Eye Care Month

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