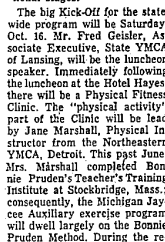


ary President, Jeanne Beauvals of St. Clair Shores, has initiated in her year of office. This State Chairmanship was accepted by Mrs. Richardson last May; and since, the project has been in the organizational stages.



maintaining part of the Clinic, Mrs. Richardson and Mrs. Alstrom will inform the members of M.J.A. about the over-all Fitness Program and how they can initiate this program in their own community.

book called "Contests of Skill and Fitness," and the definition of Physical Fitness; Seven Steps to Complete Fitness which includes Proper Medical and Dental Care, Nutrition, Rest and Relaxation, Recreation, Home Hygiene, and Personal Hygiene; and a Personal Chart for recording weight and body measurements. Another feature of the book are cartoon sketches of each individual step to Fitness.

Individuals from this area who have been most helpful in setting up the Fitness Program include: Dr. Edwin Blumberg, Dr. Bernard Masson, and Charles Wise.

Physical Fitness is certainly not new to Mrs. Richardson or Mrs. Alstrom since they both have college degrees in Physical Education and Coaching and Recreation. Mrs. Alstrom is presently teaching in the Farmington system.

**PHYSICAL FITNESS** will be the theme for the Michigan Jaycee Auxiliary Board meeting in Jackson on Oct. 15-16. Above, Farmington members are assisting the State Physical Fitness Chairman, Mrs. John Richardson and co-chairman, Mrs. James Alstrom, prepare to be used as favors at the ladies luncheon in Jackson. The saying on the dumbbells reads "Don't be a muscle-head - Exercise" (L-R) Mrs. Harland Lorenz, Mrs. James Alstrom, Mrs. John Richardson, State Chairman, Mrs. Chet Pawlik, and Norv Kennedy.

**PRO PHOTO CENTRE**  
An Approved  
Camera Shop  
GL 3-5410  
882 W. Ann Arbor Trail, Plymouth  
**OPEN EVENINGS TILL 9 P.M.**