) '

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Exercise Easily, He Says

NEW YORK --Millions of Americans over thirty are do-ing thoir annual spring thing-deting and exercising on a crash basis.

The sounds they make across the land range from mean to groan, followed by laments that so like this:

groan, followed by laments that go like this:
---"I'm dying of hunger but I have to starve if I'm going to look good in my swimsuit."
"Every muscle in my body is sore."

SO BY MAY, with buffing, puffing, and pushing away from the table, a great many flabby Americans will present a trim

Americans will present a trim
pleture.
But sometime around Labor
Day they'll forget how bard it
was to diet and exercise
themselve out of the ranks of
They'll stop deting, stop
oxercising and by next spring,
present a rotund image once
more. So, no supprise, the crash
program's commence once
more.

programs commence once more.

This take -it-off, put-it-on, take-it-off cycle, precisely, is what bothers Stephen Huffaker, author of the 'II Hate To Exercise Book'' (Cornerstone Explain and physical training instructor says must stay're to hard and people stop them soon after they've started.

HIS PLAN, based on a maximum daily exercise time of four minutes, 25 seconds, is easy and meant to become a habit.

habit.

It consists of knee lifts, side bends, stretching, partial situps, and push-ups, and running in place.

"It's not a cure-all," he said.

"but it eliminates shortness of breath and helps to free you from the strains and pulls that plague the inactive." His exercises aren't for those

His exercises aren't for too ober who can job a lot or do other strenuous body feats. Rather, they're for the man or woman who--"eats too much, drinks too much, smokes too much, and doesn't care to stop.
"Isn't it too bad that exercise is so disgustingly beneficial?"

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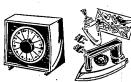


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