

Work in workouts and shape up

By LINDA TAYLOR

If your idea of exercising is walking to the mailbox or dialing the telephone, you might need help in the weight and muscle tone department. Or if your self-winding wrist watch stops because of too little wrist action, you better start shaping up.

Physical fitness professionals think most people could use more exercise, and Pat Lundy, director of the Birmingham YMCA's women and preschool fitness programs, thinks exercise can be worked into daily routines.

The homemaker can exercise doing her chores, the secretary can exercise at her desk and the executive can exercise conducting a conference call.

THE HOMEMAKER can firm up muscles and shed a few pounds in

every room of the house.

In the kitchen, she can exercise while cooking. Ms. Lundy suggests that while standing at the stove (perhaps stirring the soup for lunch), try leg lifts, stretching the leg back and up, first one, then the other.

Or take advantage of an everyday chore, by stretching as far as possible when putting dishes away on top shelves.

In the bathroom, after a bath or shower, take a few seconds to place a leg on the counter and bend forward to dry the toes, stretching the back. Another quick bathroom exercise is to stretch a towel above the head and do waist bends, stretching the arms above the head.

Watching television takes little, if any, physical exertion, but time spent in front of the set can be put to good use exercising the body. While in a sit-

ting position, raise the legs slightly above waist level, then slowly lower them. Raise. Lower.

IF YOU have a hard-back chair, lift your body off the chair, pushing up with the hands.

Even picking up toys can prompt an exercise routine. When reaching down to the floor, keep the back straight, bend from the waist and stretch.

Talking on the phone can exercise more than the mouth, according to Ms. Lundy. She suggests releasing tensions by raising and lowering the shoulders as you talk or listen. Also, turning the head from side to side is a tension release, she said.

Outside the home, double use can be made of time by doing shoulder rolls in the car when waiting for the light to change or caught in a traffic jam. Roll the shoulders back and for-

ward, then up and down, another tension reliever.

Secretaries or executives can exercise at their desk and no one will ever know. While sitting, roll the ankles as far as they will go, first to one side, then the other.

For the person in a setting where exercises won't be disruptive, more routine exercises can be done. Ms. Lundy suggests running whenever possible—to the phone or up and down the stairs.

"You have to huff and puff to strengthen the heart," she said. "As the arms get soft and weak, so does the heart."

TO HELP tone up the arms, she recommends practicing basic swimming strokes, whether or not you're in water. The crawl, backward crawl, breast stroke, etc. are good "warm up" exercises. Start off slowly and

build up, then "cool off" slowly before stopping completely.

Exercise, combined with sensible eating, also helps persons with weight problems, but should be done under medical supervision.

"When people do vigorous exercises, their appetite is better, it is controlled. They eat more of what they need," said Ms. Lundy.

"People need exercise and diet, not just diet, to control weight. But they should check with their doctor, especially if over age 30."

She said women today probably have more back problems than men. One reason is, she said, women have to bear children, which puts a strain on the back. Then after the child is born, mothers carry the children in correctly.

WHEN CARRYING a child, the

back should be straight with elbows no higher than the waist.

"Don't protrude the front part of the body."

She also cautions against following exercises shown in post-pregnancy books without consulting an expert. Many of these commonly suggested, she said, can cause back problems, especially when the back has been weakened during pregnancy.

A good exercise for post-pregnancy is to lie flat on the floor, bring the knees to the chest, then back to the floor, then up again.

For those who still think exercise is too much trouble, she suggests a sitting position for relaxing or watching television that is better for the body than just plain sitting. Rest the feet on a table so they are slightly higher than normal, she advises. This simple position helps with blood circulation.

Observer & Eccentric SUBURBAN LIFE

FEBRUARY 6, 1973

142 entries

Science Fair yields a competition record

By LORAINNE MCCLISH

Bob Truckner, Jim Philp and Liza Lush walked away with the top prizes when Farmington Junior High School held its Science Fair last week.

The threesome's winning displays beat out the entries of 142 students, the highest number of students ever to enter into the competition.

Visitors to the school gym that evening saw a gamut of exhibits that ran from flying saucers to cloud chambers for detecting nuclear events, from the zodiac to a display on glaucoma.

Truckner, winner of the top prize in the ninth grade division won with a display called "Aerosol: A Deadly Weapon" which depicted the spray's effect on the troposphere, ozone layer and stratosphere.

THIS IS THE second win for Truckner, who took the first prize in last year's fair with a display on the lie detector.

He is the son of Mr. and Mrs. George Truckner, of 35115 Drake-shire Place, and believes that use of the spray can "could kill us all eventually."

Philp, the first prize winner in the eighth grade division described himself as being "overwhelmed" with getting top place with his first entry. His display depicted how a volcano becomes an island with an idea that stemmed from National Geographic and developed with "a lot of research."

The son of Mr. and Mrs. Ralph Philp, 22437 Lilac, he said the win provided him into "seriously thinking about taking a course in earth science next year."

MISS LUSH won her prize in the seventh grade division with a display called "Optical Illusions."

She is the daughter of Mr. and Mrs. Sidney Lush, 22980 Hayden. She was described as being "doctor-minded" and has an older sister who is a nurse.

Her display depicted how optical illusions occur and how they effect both humans and animals.

Ninth grade winners who followed Truckner in the competition were Dan Gladdis and Steve Manz.

Eighth grade runners up were Beth Wingard and Tommy Richardson.

And seventh grade runners up were Karlyn Karhu and John Karpach.

THE EVENT was under the chairmanship of Haroune Al-naddine. Judging was done by members of the science department at Dunkel Junior High School.

All entrants now have six weeks to perfect their displays before entering into a regional fair that will be held in Lawrence Institute of Technology in March. From there the winners go into a tri-country competition that is held in Cobo Hall.



Photos by Craig Neuman



BOB TRUCKNER



JIM PHILP



LIZA LUSH