

Says ski champ

# Body must work with mind



SUZY CHAFFEE

By NANCY KASSEN  
"Sports do not turn you into a gorilla."

On the contrary they can make you more feminine than you already are, according to Suzy Chaffee, former Olympic contender and World Freestyle Ski Champion.

Dressed in a baby blue leotard and tights with a vinyl floor mat as her stage, Suzy explained her philosophy of sports and exercise last week to the women attending a body clinic co-sponsored by Hudson's and Revlon cosmetics.

A combination of eastern mysticism, feminism, the Greek ideals of mind and body and aesthetics, Suzy said she developed her theories in solitude.  
A downhill racer until the Olympics in 1968 Suzy turned to freestyle skiing to express that philosophy.

"Racing was good to a point," she said, "but there's a lot more to skiing and a lot more to life.

**FREE STYLE** is a whole philosophy. Women look happier, and they're not put into a mold."

As her audience sat chewing gum and eating popcorn Suzy bounced up and down on the mat doing tumbles and cartwheels.

Her limber and toned body testified that exercise can keep you looking younger longer and that "energy breeds energy."

A longtime skier, Suzy started

to emulate her two older brothers and win their acceptance.

"I never gained their acceptance, though," she said, but along the way realized that sports were always presented from the male, competitive point of view.

Because women were not as competitive, she said, they developed a healthier sport's attitude but had to assert themselves.

"I KNEW I could go a lot further. The only way was to be positive, and the only way to be positive is to get into your body, intellectually at first and then physically."

In 1972, as part of her positive action program she established the World Sports Foundation to raise the consciousness of women to the necessity of sports in their lives and benefits from their activity.

"Sports are necessary to stop cells from deteriorating too fast when we begin aging."

Sports not only raises your IQ, but helps cultivate your garden to the fullest, she said.

"I was the first to bring music into freestyle skiing," she said by taping a recorder to her wrist and wearing earphones over her hair.

She was also one of the first to get into the aesthetics of freestyle by combining skiing with the movements of gymnastics and ballet.

**THE IDEAL** way to learn a sport or begin exercising is "watch someone who does it very well, visualize yourself doing it, and then go do it. Have the movement come from within rather than be super-imposed. Close your eyes, start at your toes and feel how your body feels. Visualize yourself doing whatever you'd like to do."

You should use competition to bring out what is best in you. Never work alone but preferably in a class where there will always be someone "who's worse than you to encourage you and someone who's better than you to compete with."

Instead of concentrating on winning all the time, we should make every step a victory, she said.

Two exercises Suzy suggested were the yoga balance and the outrigger.

The yoga balance is done by balancing on your right foot while your left leg is extended behind you and held with your right hand.

The outrigger, a good toner for the thighs, is done by spreading your legs apart, placing your arms in front of you and bouncing from side to side, stretching your inner thighs.

**TO STRETCH** your chest muscles, bend at a right angle from your waist with your arms dangling down, holding a book in either hand. Move your arms back and forth first diagonally across your chest and then from side to side, then parallel to your body.

"Figure you'll do thirty seconds worth and then do as many as you can in that time."

"If you're stiff the next day it means you got some value from it."

You've got to expect the pain factor if you're to get the benefits," Suzy warned.

You have to give sports a chance, she said, we're here to explore and share and encourage other women to do the same.

Suzy doesn't ski as much as she used to but stays busy working for Revlon and tending to her plant shop "The Shady Grove" in Tahoe.

"I'm a workaholic," she said, "and have to discipline myself to relax rather than to work. I'm happiest when I'm growing," she added, "and I'm really happy having the balance of mental and physical in my life."

You'd go a long way for a weekend like this, but isn't it nice you don't have to?

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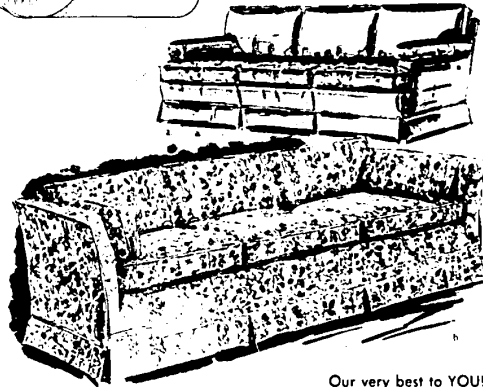
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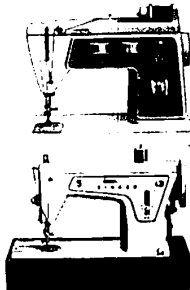
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