

# TO YOUR GOOD HEALTH!



**SMILE WHILE YOU WORK** - That's the expression on the face of TV 2 weatherman, Jerry Hodak. Lending Hodak a hand are Detroit Lions quarterback, Greg Landry and former Detroit Lion, Mike Lucci. Lucci, now Vice President and National Physical Fitness Director for Vic Tanny International is telling Hodak and Landry about the many different types of top-name equipment in the new Vic Tanny Bloomfield Executive Health & Racquet Club.

Good Health! It's something we all want and rightly so. But, do we all have it? Are we in "good shape?"

Tough questions to answer, right? But we should answer them. In doing so you may need a definition of good health. According to former Detroit Lion, Mike Lucci, now Vice President and National Physical Fitness Director of Vic Tanny International, "Good health, as a broad definition, is physical fitness, mental fitness and a proper diet." He continued, "Good health depends primarily on two important factors. One, a person's mental attitude, such as willingness and dedication. And two, the kind of physical activity employed by that person for the purposes of exercise."

As years pass, exercise becomes increasingly important. But, so does time, and it's not always convenient to run around the block, or play a couple of games of tennis each month. So what's the alternative?

One of the best ways is through a good health club. They not only offer convenience, but numerous other

advantages that you couldn't otherwise obtain.

For example, at Vic Tanny's new Bloomfield Health & Racquet Club, each person is put on an exercise program (weight reduction, muscle-toning, etc.) that's tailored to specific needs in achieving and maintaining a good physical status. However, there's more to it than that!

A good health club such as the new Vic Tanny Bloomfield Executive Health & Racquet Club should be professionally staffed to meet your every need. At the new Bloomfield Club (as well as at other Vic Tanny's) staff members will assist you in every way possible. They'll help you get in shape and maintain your good health through the exclusive use of their modern, plush facilities. Each Vic Tanny professional has countless hours of training and each is an expert. They know how to get you in shape, and how to keep you in shape.

An equally important aspect of physical fitness is the type of exercise and equipment used in "building" your good health. The Vic Tanny

Bloomfield Executive Health & Racquet Club has the very latest and most effective equipment offered. They combine the best of all types of equipment, not just one kind. From their fully carpeted exercise rooms to the Finnish rock saunas, to the indoor jogging track, this new Club has it all. The Bloomfield Club spells luxury in every way.

Getting in shape at this new club sounds exciting, and it is, but there is some dedication involved. According to Lucci, "If a person comes to us and really wants to 'shape up'

they'll have to work at it, but, at our new Bloomfield Club, they can enjoy it at the same time. And, of course, we'll work just as hard to make sure they do 'shape-up.'" Lucci continued, "Joining a club can be very beneficial for a person. But a person who joins our new Bloomfield Club will get the added convenience of luxury, quality and personal attention." "I believe," Lucci added, "our new club is the finest in the state. It's not only beautiful, but it combines the best of everything - all for your good health."



## Vic Tanny Personnel Receive College Level Training

Continued from Vic Tanny Growing Rapidly

"The Encyclopedia of Physical Education, Fitness and Sports."

The Board also consists of: Dr. Gideon Ariel, recognized authority on physical fitness training equipment and director of research for Computerized Biomechanical Analysis Inc. Frank Katch, research fellow with the American College of Sports Medicine and associate professor, department of physical education at Queens College, N.Y. Dr. Yvan Silva, associate professor of surgery at Wayne State University, and a medical educator and research scholar. Dr. Paul Ward, dean of the school of coaching science, the United States Sports Academy and a member of the American College of Sports Medicine.

"We are justly proud of this Board and the contributions they are making to Vic Tanny," said Zurkowski, "which provide our members with the first and finest Advisory Board in the health club industry today."

FROM THE NATIONAL ADVISORY BOARD - VIC TANNY INTERNATIONAL

Comprised of prominent physicians, scientists, educators and individuals with selected expertise in physical fitness, the National Advisory Board of Vic Tanny International has been active a number of years.

Of the many objectives deemed important in the continuing development of facilities, concepts and information necessary to improve the goals and standards of physical fitness of the Vic Tanny membership, there was a strong consensus that further in-service training of personnel was a priority item. As an academic supplement to three weeks of intensive training in exercise programs, and health club operations, a college-level course was designed for all personnel working in the Vic Tanny clubs, and was instituted in mid-1975. The course, consisting of twelve hours of formal classroom instruction for each health club employee, is mandatory and is conducted once a month. Classes are held at the American Red Cross Building in the Detroit Medical Center.

A demanding pre-test designed to evaluate the employee's precourse knowledge is given, and the test results are used to target specific areas for additional emphasis. Also, prior to the course, students are given preparatory literature in the form of articles, monographs and materials developed by the American Heart Association, and the American Red Cross.

The following subjects are taught during the course: anatomy, physiology, nutrition and diets, kinesiology, first aid, and cardio pulmonary resuscitation, aerobics and exercise physiology, exercise equipment use and modern concepts in exercise programs. A course review is held, and students are graded and certified for satisfactory completion.

Since its inception, 166 Michigan individuals have taken the course and 160 have been certified. Over the past three years, first aid and cardio pulmonary resuscitation courses have also been held separately at numerous Vic Tanny locations. The American Red Cross Standard First Aid course has been completed by 95

Michigan Vic Tanny employees. The C.P.R. Course has successfully been completed by 165 Michigan employees, each earning certificates.

During the past two years, Vic Tanny International has made available to its members a complete swimming program. The program includes the American Red Cross Swim and Stay Fit Program, Swimming Lessons (Beginner thru Swimmer), and an instructor-led Aquatic Exercise Program.

Since the initiation of the Learn to Swim Program, 4,010 persons have received certificates indicating a specific level of water safety skills. Of those persons participating in the Swim and Stay Fit Program, 1,848 have received 10-50 mile swimmer certificates. An estimated 350-450 members per day participate in group Aquatic Exercises under the direction of Vic Tanny Swimming Instructors.

It has been our pleasure to participate in this important and innovative approach to increasing the knowledge, professionalism, and personal pride of the Vic Tanny International employees.

**C**ongratulations! The Vic Tanny Bloomfield Executive Health & Racquet Club is, to say the least, spectacular. And, we are proud to have been a small part of the success of this "flagship" club.

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