

# Getting in shape

## 'Fitness in 5 minutes a day is a fallacy'

By C.J. Riesk  
staff writer

It happens every spring. As the snow disappears and the weather warms, cries of anguish and anger can be heard throughout the land. People are coming out of hibernation to find they are too out of shape to climb a set of stairs without getting winded.

So they run to a sports store and purchase the flashiest jogging shoes and warm-up suits available. In this attire, they race out of their front door at top speed, in search of a quick way to get into shape for summer.

A week later, the jogging shoes and warm-up suit are tucked away in the back of a closet, never to be seen again.

"Fitness in five minutes a day is a fallacy," said Georgianne Palmer, a physical therapist at the Physical and Athletic Rehabilitation Center (PARC) in Southfield. "It just doesn't happen."

MRS. PALMER has witnessed the agony of people trying to find a quick way to get into shape. That is how PARC came into existence.



## Writer measures up to strain of PARC exam

By C.J. Riesk  
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I had no real expectations when I went into the offices of PARC (Physical and Athletic Rehabilitation Center) in Southfield.

I was to get a fitness evaluation, just to see what kind of service PARC provided. It couldn't be that difficult, I thought. I was in reasonably good shape from swimming a mile four times a week.

But nothing can be hidden from a PARC examination, I was to learn two hours later. The tests had revealed I was loafing.

THE PHYSICAL therapist, Georgianne Palmer, started the fitness evaluation by measuring my body fat. I passed very well, measuring only 11.3 percent. Normal for men is 16-20 percent, for women 25 percent.

A series of tests indicated my grip strength was normal, my flexibility measurements were slightly low. I was excellent in sit-ups, completing 20 in 30 seconds.

But then came the big test. It was called the sub-maximal exercise test. I was placed on a treadmill and started at a brisk walk to warm up. When the test began, the speed was increased to 3.75 mph and the tread-

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PARC designs fitness programs. Through a series of tests and discussions, PARC therapists outline an aerobic exercise program to help individuals get into shape.

"It takes 12 months to reach maximum fitness," Mrs. Palmer said. "But it only takes two months to fall back to where you were before you started."

"Once you achieve your fitness, you have to use it or lose it."

To help its customers on the road to fitness, PARC employs complex technology to analyze how fit the person is presently and where he or she needs improvement.

A fitness evaluation is the first step in PARC's program. Percentage of body fat is computed, flexibility and strength is measured and an exercise test is conducted.

An electrocardiogram relays different information during the exercise test. The information helps the therapist to find out how much oxygen is being used and what level of fitness the person is in. At the test is run on either a stationary bicycle or treadmill until the person reaches a heartbeat of 150 per minute.

THE MAXIMUM oxygen consumption is the key figure in determining aerobic, or cardiovascular, fitness. The higher the oxygen use, the better condition an individual is in.

Mrs. Palmer used Eric Heiden, who won five gold medals for speed skating in the 1980 Winter Olympics, as an example of superior oxygen consumption. His rating was "around 66," she said, compared to a normal figure of 34-42 for a person his age.

But PARC's program goes beyond just physical analysis.

"The key in any exercise program is motivation," Mrs. Palmer said. "What adds to motivation, what makes it easier, is education."

mill tilted to simulate my walking very fast uphill.

The program lasted for nine minutes. That's what stage I was in when I reached the 150 heartbeats per minute level.

During the entire exercise, I was wired to an electrocardiograph which measured my heart rate in increase, from which the therapist could tell just how good my physical condition was.

AS I LEARNED, it wasn't really good enough.

"I was surprised your oxygen consumption rate was only 28, which is average," Mrs. Palmer said.

I gulped and asked what that meant.

"The higher the oxygen consumption rate, the better you are able to utilize the oxygen you take in," she explained. "It means you aren't working out at your heartbeat target."

My heartbeat target was 160 per minute. If I work at that heartbeat level for 30 minutes a day, three days a week, I should reach maximum fitness within a year.

My evaluation revealed I hadn't been working at that level.

So for me, it's back to the pool in search of 160 heartbeats a minute, 30 minutes a day, three days a week.

To help an individual keep motivated, the PARC therapist attempts to find out what activities and exercises he or she is interested in. What some people consider exercise, however, does nothing for the cardiovascular system.

Mrs. Palmer noted that weightlifting, bowling, softball, golf and doubles tennis do not build aerobic fitness.

"IT SHOULD BE smooth and rhythmic, but also reasonable and enjoyable," she said. "The aerobic activity should be intense enough to increase your fitness."

Exercises that are best for aerobic fitness include distance running, swimming, bicycling and cross country skiing.

Mrs. Palmer added that measuring

distance isn't as important as the amount of time spent exercising.

"Anything less than three times a week doesn't do much good," the therapist said. "And anything less than 30 minutes a session isn't much good, either."

"PEOPLE ALWAYS ask, 'Why should I exercise? Why is it good for me?' I tell them it will give you more energy and stamina and a better self-image," Mrs. Palmer said.

PARC's fitness program, which includes a fitness evaluation, a discussion to set up an exercise schedule and a retreat four to six weeks after the program's start, costs \$65.

Similar information is also available at various health spas, although not as extensive nor as individualized.

## SUMMERFUN ENERGY GUIDE

For an hour of:	A 150 lb. person will use these approximate calories:
<b>REST AND LIGHT ACTIVITY</b>	50-200
Driving an automobile	120
Standing	140
Domestic work	180
<b>MODERATE ACTIVITY</b>	200-350
Bicycling (5.5 mph)	210
Walking (2.5 mph)	210
Aerobic dancing — walk level	250
Golf	270
Bowling	300
Swimming (25 mph)	350
Horseback riding (trotting)	350
Roller skating	350
<b>VIGOROUS ACTIVITY</b>	Over 350
Tennis	420
Water skiing	480
Aerobic dancing — run level	500
Jogging (5.6 mph)	500
Squash and handball	600
Cycling (13 mph)	660
Running (10 mph)	900
Swimming (crawl stroke 2.2 mph)	1,550

## "How can I communicate the values I grew up with to my children?"

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Mort Crim joined News 4 Detroit in August, 1978 as Chief Anchor at 6 and 11 p.m. Below, the veteran broadcast newsmen shares some of his observations on himself, his profession, his city, Detroit.

**What was your childhood like?**  
CRIM: I was born during the depression. My father was a clergyman. Most of the time when I was growing up, we were right at the poverty line. But this background has given me an enormous amount of gratitude for everything I have materially, and otherwise. And one of my constant concerns is, how can I transmit and communicate the values I grew up with to my children?

**Have you always wanted to be a newsmen?**  
CRIM: No, my first job in radio was as a disc jockey. While it was fun, I eventually decided that I didn't bring me the satisfaction I was looking for because it wasn't real. But I



discovered, by looking around, that there was one profession that allowed me to think, observe, write, perform and be in broadcasting, but was very real. And that was journalism. That's why I'm a broadcast journalist instead of a print journalist.

**You've lived in Detroit for awhile now. What do you think about the city as a place to live, work, raise your kids?**  
CRIM: I like it. There's an electricity about this city. There's a stubborn optimism even in these worst of times. And as I ask people on the streets and on my program

"Free 4 All" about the future of Detroit, 9 out of 10 people believe we're going to make it despite all the evidence to the contrary. I like that — this spirit of optimism. I find it inspiring.

**What are some of your interests outside the newsroom?**  
CRIM: I like to fish, fly airplanes, and play music. I play piano. In fact, I earned a good part of my college tuition



playing piano. My favorite music is jazz, blues and popular songs from the big band era. At one time, I knew just about every big band number from 1929 to 1946.

**What do you think about the people watching you?**  
CRIM: I'm always aware that it's a live audience at the other end of the camera. I'm not just looking at a lens. I think consciously of the people out there when I present the news. I've always thought it wouldn't be a bad idea to bring a live studio audience to a news show. Not to applaud or respond, but to add the awareness.

**Though you've got a demanding schedule as a newsmen, you've become very involved with the Easter Seals Telethon the last two years. Why?**  
CRIM: I think it's one thing to say thank you. But, it's another thing to express your gratitude. I think I have an obligation and it's one I fulfill gladly. To share in any way I can and to express in tangible ways, my gratitude for having two healthy children, a solid home life, meaningful

work, for living in a country where I have all the freedoms I have. There's just an enormous amount to be grateful for and the best way I can say thanks is to do something on a continuing basis, and the Telethon is one of those things.

**Recently, we've seen you wearing a green ribbon on TV. Are you making a political statement?**  
CRIM: No, like all newsmen I'm extremely sensitive to identification with any political cause. But the murdering, the slaughtering of little innocent black children in Atlanta has absolutely nothing to do with politics. It's a pure and simple situation involving human beings and their suffering. So, I agreed to wear the ribbon to show my solidarity and support to the people in Atlanta. I decided this is in no way a political act. Whether these children are white, black, green, red, purple, it doesn't matter, the children are being murdered and the people there are suffering. Policemen are frustrated in their attempts to solve this thing. Because the conscience of the nation has been aroused, I decided I would wear the green ribbon for one week to show my expression of grief.



**What does it mean to be a broadcast journalist?**  
CRIM: You must be a writer, that is the fundamental skill. Voice and delivery are for gladly. To share in any way I can and to express in tangible ways, my gratitude for having two healthy children, a solid home life, meaningful

have no business calling themselves journalists. Walter Cronkite, as an example, was extremely skillful at what he wrote and how he said things.

**What is your biggest kind of change?**  
CRIM: Dealing with breaking stories. We have this awesome capability to report events as they're happening, like the recent assassination attempt on President Reagan and Pope John Paul II. We must do it as we go. It's almost like being a surgeon who has studied an x-ray of the patient. He has a general idea of what to expect, but until he performs the operation, he doesn't know all the details. We have to do what the moment calls for. For that matter, so-called routine assignments can take unpredictable turns. It's necessary to be able to move as the story changes.

**Your program "Free 4 All" on Saturday nights—it's a little different than the nightly news and has been growing in popularity. What is it about that program that appeals to people?**  
CRIM: It appeals to people because the whole country's mad as hell and they don't have an outlet. There's a sense of frustration among people that their voice won't be heard in places where it matters. Television is powerful, and people recognize that if they can get their voice on television, it has the potential to be heard in places where it matters. "Free 4 All" has become the private citizen's voice—an electronic town meeting.

**If there was one thing you'd like to be remembered for, what would it be?**  
CRIM: I'd like to be very much if people would simply say, "He cared."

News 4