



Sharon Solodan of Farmington Hills works out at Fitness USA in Southfield.

MINDY BAUNDERS/staff photographer

Exercising options

Health and physical fitness craze steps into high gear

By Neal Haldane
staff writer

Newspaper and television ads beckon people to join health clubs by promoting their facilities with glowing bodies working out on the newest equipment.

Record stores carry the latest Jane Fonda workout discs while movie rental places stock the video equivalent.

The fitness craze even will become high tech Tuesday when the Franklin Racquet Club in Southfield opens an audio-video aerobics studio.

"A lot has been written about it and a lot of people are talking about it, but it is not as widespread as we would think," said Dr. Dennis Levin, director of the family practice center at Providence Hospital, Southfield.

"Health and physical fitness have not hit the mainstream of the American population, yet. It's the 30-year-old college educated man who is jogging and not the blue collar workers. But it's only a matter of time before we get the health habit to middle America," Levin said.

The recent death of Jim Fixx, author of "The Complete Book of Running," should make people who do not think about the ramifications of their

exercise program, Levin said. Fixx died of a heart attack while jogging. Those already exercising and those contemplating a fitness plan should consult with their own physician before hitting the pavement or hefting weights, he said.

"YOU CAN'T say I'm going to run and not worry about a health problem," Levin said. "Exercise is not enough. You have to consider family history, weight, stress and sleeping habits. Sedentary people do have a higher incidence of heart disease than active people, but no one can prove physical activity prevents a heart attack."

Preventative medical insurance coverage has enjoyed a surge in popularity with the advent of health maintenance organizations (HMOs). Office visits and check-ups are covered at participating medical facilities.

"People will wait to go see a doctor because he can't afford it or it's not covered," said Danen Gallo of Independence Health Plan, Southfield. "But we don't have to wait until you are ill to go in."

More than 100,000 people have enrolled in the plan and the firm has grown from three medical centers to 15 in six years, Gallo said.

"The whole focus of an HMO is to

save on patient costs for hospitalization," said Rich Brown, director of employee benefits for American Motors, Southfield. "They are willing to spend the money to keep you out of the hospital."

So far, Brown said, 7 percent of his firm's employees are enrolled in an HMO and if companies push the idea, they could double or triple the enrollment rate, Brown said.

COMPANIES ALSO are taking a different approach to keep people healthy and on the job.

CMI in Bloomfield Hills has spent at least \$150,000 for a fitness facility in its new office building, according to Michael Demely, vice president for administration.

"We built a complete men's and women's exercise facility," Demely said. "Promoting physical fitness is something our employees feel is important. It's also an important asset for our other tenants. Rather than drive to a Vic Tanny, our employees can use the facility before work, during lunch or after work."

But health clubs still plan to expand their market. In fact, Vic Tanny is in the midst of a large expansion project in this area.

The firm is renovating the former Somerset Cinema in Troy into a

health and racquet club complete with an indoor track and pool.

Vic Tanny also has received approval to refurbish the former Reynolds Aluminum Building in Southfield into a health club. The firm plans to move its corporate offices from Birmingham to Southfield when work is completed.

"This is the trend," said Steve Guenther, manager of Fitness USA in Southfield. "People see their next-door neighbor doing it and they want to try it. Instead of stopping by the pub they stop here for a workout and feel good about themselves."

Jenny Cupples, recreation supervisor in Troy, agrees that feeling good is an important aspect of the health craze.

"There are intangible things people get out of the exercise programs," Cupples said. "They feel good while losing weight and lowering their blood pressure."

But Cupples said the fitness market is very fierce.

"Recreation is real trendy," Cupples said. "Three or four years ago I had 15 racquetball classes. Now I don't offer any. Weightlifting is real big now, but I think the Olympics will change everything. A lot more people

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— Jenny Cupples
Troy recreation supervisor

will take up bicycling now because they saw it on TV."

HOWEVER, ONE exercise trend, aerobics, has remained a hit. "Aerobic dancing really took off a few years ago," she said. "I expected the numbers to go down but it continues to remain at a popular level."

Senior citizens are one group that has gotten into the fitness arena in a big way, Cupples said.

"Our senior population has really taken off with the exercise craze," she said. "They play softball, tennis, golf and really enjoy the exercise programs."

Students are another group joining the exercise bandwagon, according to Norm Quinn, athletic director for Bloomfield Hills Schools.

The district started offering aerobics last year and the program has

taken off, Quinn said.

"The whole concept of physical fitness has taken on a more legitimate appeal," he said. "The kids see their parents doing it and they see it on TV and they want to be part of it."

"Weightlifting and conditioning are extremely popular with both boys and girls. Previously, it was the athlete-oriented person who did it to get ready for the football season. Now the non-athlete is participating."

All agree the health and fitness craze should continue in one form or another.

"I think it's here to stay," Quinn said. "Society places an emphasis on how we look and participation in physical fitness activities provides the psychological gratification and the physiological benefits people need."

INSIDE ANGLES

Know someone doing something notable? Let us know. Write: Inside Angles, Farmington Observer, 23332 Farmington Road, Farmington 48024.

LYNN ABBEY and Robert Lynn Asprin will appear at the B. Dalton Book Seller in the Orchard Place Mall in Farmington Hills 3-4 p.m. Saturday, Aug. 11. Lynn Abbey is the author of "The Guilds," "Daughter of the Bright Moon" and "The Black Flame." Robert Lynn Asprin is the editor of the best-selling fantasy series "Thieves World."

CADET GREGORY F. YORK, son of Mr. and Mrs. Frederick York of Farmington Hills and a 1983 graduate of North Farmington High School, has been named to the dean's list at the U.S. Military Academy, West Point. He entered the academy in July 1983.

LYDIA K. GILVYDIS, daughter of Mr. and Mrs. M.L. Gilvys of Farmington Hills and a Harrison High School graduate, was awarded one of the five freshmen highest academic average awards from Wayne State University at the Engineering Honors Convocation at the Engineering Society of Detroit this spring. Lydia is studying to earn a degree in mechanical engineering on a four-year full-tuition scholarship at Wayne State.

CAROLINE BEAM, a Farmington Hills resident, won an original John Glick pot during a tour of his Plum Tree Pottery tour. All proceeds from the tour went to the Farmington Community Center.

JEFFREY McGRATH of Farmington was named to the dean's list for the 1984 spring semester at Grand Valley State College.

ANDREW MALONIS, Kimberly Mackie, Anne Carey, Cheryl Gasior, Lynda Knoll, Darryl Smith, R. Vandekerkove, Robert Wadley, Laurel Walker and Barry Wall attained a 3.0 (all-A) grade point average for the spring term 1984 at Michigan State University.

SHELLY SMOLER of Farmington Hills received a master of science degree in library sciences from Case Western Reserve University, Cleveland, Ohio.

SUSAN A. STRAUSS, daughter of Mr. and Mrs. Leon A. Strauss of Farmington Hills and a 1981 graduate of North Farmington High School, was named to the dean's list three consecutive terms for the 1983-84 school year at Michigan State University. As a merchandising management major, she has been selected for an internship with Gimbels Midwest in Milwaukee, Wis., as an assistant buyer in the fall. Susan will be a June 1985 graduate of Michigan State University.

LAURA BURG, Gail Machuta and Melissa Gessner, from Mercy High School, recently completed a week-long intensive study in newspaper photography at the largest high school journalism workshop of its kind at Ball State University, Muncie, Ind. Melissa Gessner won an award in Excellence in Feature Writing; Lisa Atty, Excellence in Depth Reporting; Mary Beth Manion, Most Enthusiastic Editor; Ruth Violante, Excellence in Feature Writing and Crossroads scholarship nominee.

astle Editor; Ruth Violante, Excellence in Feature Writing and Crossroads scholarship nominee.

ALLAN DAVID SAJA, son of Mr. and Mrs. Edward Saja of Farmington Hills, received his degree in computer science from Michigan Technological University in Houghton. He is spending the summer working at the university in the computer department, where he was given a promotion to manager.

ELIZABETH BOGAN and Raymond Voss of Farmington Hills are among the 49 outstanding seniors who attend Lawrence Institute of Technology's Summer Science Institute. Elizabeth, a student at Harrison High School, and Raymond, a student at North Farmington High School, were chosen to participate in the program on the basis of academic merit and their interest in the sciences.

JOHN M. MORGAN, 20, son of Maxie Sharp and the late Elbert L. Morgan of Farmington, has recently returned from the Naval Training Center in Orlando, Fla. Sean Morgan has successfully completed his basic training and his preliminary electronics school. Morgan, a 1982 graduate of Harrison High School, enlisted in the Navy in Jan. 1983 and entered the delayed entry program. He has selected the Nuclear Engineering program, and will have a full six years in the Navy. Morgan is on two weeks leave, after which he will travel to the Great Lakes Naval Base, just outside Chicago. Once there he will continue his electronics training, going on to receive his rating as Electronic Technician, and promotion to Petty Officer Third Class.

Law workshops are planned

To help legal assistant students get over the fear of the computer, Attorney Clark Davis will be instructing a two-weekend workshop this fall at Madonna College, Livonia.

"Special Problems in Law, Lexis and Electronic Legal Research" will meet on Fridays 6-10 p.m. and Saturdays from 8 a.m. to 5 p.m., Sept. 14, 15 and 21, 22.

Madonna's Legal Assistant Program, which recently underwent evaluation by a committee of the American Bar Association, offers an associate or bachelor of science degree or a post-degree certificate. For further information or registration, call Dennis Boryk, director of the legal assistant program or Jennifer Jote, J.D., assistant director at 891-8195.

According to instructor Davis, who

is practicing attorney and also has a computer business, students should learn to accept the computer as the ultimate tool in the work place.

"To get maximum use out of the computer, the students must first be taught logic," Davis added. "By teaching them what is going on inside the computer that allows it to do such marvelous things, they will be able to get a handle on how to structure their own thinking."

"Once they've developed the skill to understand how the computer is doing what it's doing, they will be able to phrase their questions more intelligently, thus saving time and money," Davis said.

THOSE TAKING this course will be provided hands-on experience by visiting the Lexis Division of Mead

Data in the Renaissance Center. Lexis provides a central bank of legal information which is not confined just to case law research. It can search statutes, regulations, legislative history and a variety of administrative materials in just minutes.

"This workshop should be of particular interest to those law students who have already taken a legal research course," added Attorney Davis. "Once they've gone through the laborious process of researching law in the library, they'll find that computer research is the only practical way to obtain information."

Additional courses will be offered this fall at Madonna for those pursuing a career as a legal assistant.

For beginning legal assistants, two courses are scheduled. Legal Assistant Orientation will meet on Thurs-

days, beginning Sept. 6. It will be taught by Richard Herman of the Southfield firm Fried, Forsythe & Aronson. Legal Research and Writing I will meet on Tuesdays, beginning Sept. 4. It will be taught by Richard Dimaio of Detroit.

Other courses scheduled are: Legal Research and Writing II, taught by John A. Stevens of Bloomfield Hills; Legal Research and Writing III, taught by Patrick J. Stevens, Judge of Wayne County Circuit Court, Detroit; Legal Research and Writing IV, taught by Albert B. Stevens, assistant professor at Madonna College; Legal Assistant Orientation, taught by Richard Dimaio of Detroit.

From Sinai Hospital to You...

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Free Programs on Parenting

7:30 p.m. Tuesdays in August
Zuckerman Auditorium,
Sinai Hospital of Detroit

August 7 Teaching Your Child About Sexuality
It's more than just the facts of life.

Theresa O'Rourke, C.N.M., Certified Nurse Midwife
Department of Obstetrics and Gynecology,
Sinai Hospital of Detroit

August 14 The Changing Family

There's mom, dad, step-mom, step-dad, her kids, his kids...

Rosalind Griffin, M.D.
Department of Psychiatry, Sinai Hospital of Detroit

August 21 Who Rules the Roost?

Good discipline includes establishing rights and responsibilities for both parent and child.

Charles Burch, D.S.W.
Ramona Rukstale, A.C.S.W.
Department of Psychiatry, Sinai Hospital of Detroit

August 28 Stress Management for Parents

How to cope when you're at the end of your rope.

John O'Leary, Ph.D., Psychologist
Department of Rehabilitation Medicine,
Sinai Hospital of Detroit

The public is invited. There is no charge. Free, limited parking is available in the Sinai School of Nursing parking lot. For more information, call Sinai Hospital at 891-8195.

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