



Fred Samra, Farmington Insurance agent, demonstrates an arm exercise with a Schwinn Air-Dyne — a machine that does multiple duty as a leg and arm-leg exerciser.

Jogging doesn't help your arms

IF YOU are walking, jogging, or bicycling three or four times per week and think your physical fitness program is ideal, think again.

Researchers now tell us that regular lower extremity exercise is not enough to promote "total fitness." You need aerobic exercise for the upper body, as well.



fitness
Barry Franklin

WHY ARM EXERCISE?
Recent studies have shown that the benefits of exercise are largely specific to the muscles that have been trained. In other words, lower extremity training results in improved fitness for leg exercise — but not for arm work.

Conversely, upper body training improves fitness for arm exercise, but not for leg work.

The limited degree of transfer of exercise benefits from one set of limbs to another appears to discredit the general practice of restricting an exercise program to the legs alone.

Many occupational and recreational activities require arm work to a greater extent than leg work. Consequently, fitness programs should include upper, as well as lower extremity training.

the pedals; or for the upper and lower extremities, using the levers and pedals simultaneously.

Simulated cross-country skiing devices such as the Nordic Track also provide total body conditioning.

EXERCISE PROGRAMS based on leg training alone appear to be limited in scope. Such programs neglect to consider that many occupational and recreational activities employ both upper and lower extremity efforts.

It's not surprising that exercise critics frequently ask, "Fitness for what?"

Exercise enthusiasts assuredly respond, "Fitness for life!"

Yet, real-life activities seldom involve jogging in circles or foot pedaling for extended periods of time.

Would you like to improve your golf drive or tennis slam? Can you perform routine household chores and work-related tasks without breathlessness and fatigue?

The inclusion of arm training in your personal exercise program should serve to maximize your fitness for activities of daily living.

Barry A. Franklin is director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University School of Medicine.

SPECIALLY DESIGNED bicycles — called arm crank ergometers — are particularly good for conditioning the upper extremities.

Other equipment suitable for upper body training includes rowing machines, weight training apparatus, wall pulleys and light dumbbells.

Two commercially available devices are especially noteworthy because they provide combined arm-leg exercise.

The Schwinn Air-Dyne offers a workout for the arms, using only the arm levers; for the legs, using only

Composting choices

We can do it cheaply at home or by high tech

Fifth in a series
By Nancy Smith special writer

COMPOSTING has come of age.

Sensible solid waste management will include turning grass, leaves and yard wastes into a valuable soil conditioner.

The Michigan Department of Natural Resources says that if compostable waste were processed, the waste stream could be reduced as much as 40 percent.

Officials and planners can happily report to Oakland County residents that, whether you prefer to "do your own" or simply bag your yard waste into biodegradable bags or sweep it to the curb, composting is easy.

NOT SO FOR our government officials, who have many options to consider in order to choose the most suitable type of composting system for a community.

These factors must be examined: the volume of waste, the amount of land, labor and equipment needed, and how the program will be paid for.

There are three main program alternatives:

1. Low technology — backyard and neighborhood composting.

2. Medium technology — leaf composting, windrow method.

3. High technology — centralized composting of municipal solid wastes.

A backyard program is simplest and least costly. Public education is essential. Homeowners learn how easily vegetable matter may be buried or leaves mulched, often in less time than it takes to bag it. Chippers or shredders may be rented or purchased to help prepare woody paste for use.

FOR MORE ambitious home gardeners, three-foot-square holding bins may be built to store compost. Addition of moisture and nitrogen fertilizer, then turning the mixture frequently, will produce good compost.

Neighborhood composting can operate in conjunction with community garden projects. Even apartment dwellers can participate.

Seattle has had a comprehensive backyard composting system for many years. In Michigan, Washtenaw County initiated a similar low-technology program in September 1987.

Even closer to home is the Southeast Oakland County Incinerator Authority curbside pickup program. This is an example of medium technology composting. In 1987, some

13,000 tons of leaves and wood chips were collected by 12 of the 14 communities in the authority. The material is used to cover the SOCLA landfill in Rochester Hills.

SOCIA director John Lamerato predicts that pickup of grass clippings will soon be added. On June 10, Huntington Woods will begin a pilot grass composting program made possible by three grants from the Clean Michigan Fund. Special containers or colored bags will be provided for the collection of grass.

MEDIUM TECHNOLOGY operations provide municipal collection and compaction of leaves.

Equipment needs are modest. Only a leaf vacuum unit and front-end loaders are needed. If citizen drop-off is planned, there must be easy access to the windrow site.

Windrows are long rows of cone-shaped piles of leaves, six to 10 feet high. They must be turned occasionally to ensure decomposition of all material by the high temperature in the interior of the pile.

After "aging" in the windrows, the compost must then be shredded or screened. Then it is ready for use.

HIGH TECHNOLOGY composting is centralized.

Either windrow or mechanical methods are used after the organic waste is sorted and ground or shredded. Glass or metals must be removed manually or mechanically. Source separation eliminates this costly step.

A centralized municipal program with extensive windrows requires far more labor to turn and monitor the material than neighborhood programs. A centralized mechanical composting system requires an even greater capital investment. The complex machinery is expensive and requires skilled technicians as operators.

Mechanical composting has an enclosed environment. Oxygen, moisture and temperature are completely controlled. After sorting, a mechanical process aerates the waste. Aeration is done in many ways: rotation, stirring or dropping the material from floor to floor.

Compost made with a mechanized digester requires a curing period of up to 21 days before it is ready to be used or sold.

ACCORDING TO Wayne Koser, of the state DNR, the newest mechanized plants in Europe cure compost in 24 to 48 hours.

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