

Home gyms: they help keep you fit

By Joan Boram
special writer

WHEN YOU give gifts designed to help people stay fit, you're demonstrating an obvious concern for their well-being.

After all, what gift could come more from the heart than one that promotes a healthy heart? And even the most expensive jewels look better when accessorized by good posture and radiant health.

The concept of fitness has come a long way from "no pain, no gain." More people are knowledgeable about the advantages of moderate cardio vascular exercise. Women who formerly just wanted to be drop dead thin have begun to work out for firm

lummies and muscular upper arms.

Due to our society's dedication to health and fitness, there are more fitness- and sports-oriented gift possibilities than ever. Fitness activities that used to be the exclusive domain of gyms and health clubs can now be done in your home or office.

"Sales for home weight rooms have increased dramatically in the past couple of years," said Diane Reardon, manager of Wate Man's Livonia store.

"With a home installation, the whole family can participate, even the kids. The cost of club membership is amortized over a period of years, and there's the opportunity for quality time with the family. That makes it a dual investment."

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JIM JAGDFELD/staff photographer

Those with a passion for fitness can work off those extra holiday calories with their in-home stair climber. The Flexstep by Spirit is equipped with power link design, hydraulic shocks and computer monitor (\$799.99). McCoy Inc., Livonia and Southfield. Looking good while exercising is a must. Black cotton, lycra, hooded, stirrup jumpsuit buttons down the front for exercise or daywear (\$132). From Leotards Etc., Bloomfield Plaza, Bloomfield Township. Portable lockerbag (\$40), from Baggit, Applegate Square, Southfield.

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