

Motivation is exercise tool



MYRNA PARIKH

EXERCISING OPTIONS
Dear Myrna: I'm writing this letter for myself and two friends. We just can't get motivated to exercise. We've tried it all, positive and negative motivation. In our hearts we're missing out bad. Come on, motivate us.

OK, OK. I'll try.

My trusty old motivation book... "Fitness Motivation" by Rebecki and Kenney... will help me answer this one. Also, my experience in conversation with many people who attend classes at our studio will help.

Motivation itself enters in an inner drive that compels one to behave in a certain way. You can be motivated to either pursue or avoid something.

"Aversion therapy" is an example of treating the mind and body to be repelled by a negative addiction such as smoking or alcohol. "Incentive therapy" refers to the rewarding of something pleasurable after the accomplishment of a certain positive behavior — for example, a child who receives good marks in school may be rewarded accordingly.

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Positive motivation is self-reinforcement that allows you to continue because the rewards and benefits have become self-evident. If this reason for positive reinforcement starts to fade, there will not be enough encouragement to keep you going.

Sports psychologists recommend people switch from negative motivation to positive motivation as soon as possible in order to stick with a fitness program.

Your desire to be fit should be visible to all three of you.

You are all lucky you each have two friends with the same goal. You might all have an old belief, "I'm just not a physical person." Change it to: "Exercise will boost my energy level."

Let's consider the following benefits:

- Cardiovascular endurance.
- Lower body fat.
- Stress release.
- Increase energy level.
- Enhance self-esteem.
- Increase body definition.

I must admit most people start to exercise for vanity reasons and later through the exercise, experience the understanding of the other benefits. It's hard hard to exercise and not

feel that euphoria. I promise you, once you start exercising, the benefits jump out at you and start to motivate you.

Prejudice and there are a team and in order to win, you must play the "game" together. Talk to each other and define your goals. Please don't make them too big. How about a month at a time, three times a week? Plan a special day or a short trip for a reward... but reward yourself. Save on three months, not 24.

Never set goals too hard to reach, they are unrealistic. We have more than a few "exercise teams" in our studio. Exercise also makes friends and supports each other. It's fun to watch.

(Myrna Parikh, a member of The Workout Company in Bloomfield Township, and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to Sports Department, Myrna Parikh, 805 E. Maple, Birmingham, 48009.)

OUTDOORS CALENDAR

IMPORTANT DATES AND EVENTS

- May 23 — Bass season opens statewide.
- May 23 — Romulus Metro Archery Club is offering free indoor instruction for youths under the age of 16 each Saturday beginning at 9 a.m. 941-9486.
- May 23 — Fishing Tournament in Pinckney, 291-9165.
- May 23-24 — Tri State Bass Go For The Gold will be held in Saginaw Bay, (517) 238-4224.
- May 23-24 — The eighth annual Wildlife Art Festival will be held in Clare, (517) 386-2442.
- May 25 — Holloway Classic Bass Tournament will be held in Davison, (580) 648-PARK.
- May 30 — Great Lakes Bow Fishing Championships will be held on Saginaw Bay in Cassville, (519) 35-THUMB.
- May 30 — Otsego Lake Association Fishing Contest will be held in Gaylord, (517) 732-1951.
- May 30 — 1-Day Crappieathon, "Classic" Qualifying Tournament will be held on Houghton Lake, 690-35-THUMB.
- May 30-31 — Jim Bass Fisherman Association Tourney will be held in Hay City, (517) 893-1222.
- June 1 — Deadline for advance composite reservations at Addison Oaks County Park, 693-2432.
- June 2 — Romeo B.A.S.S. Trustees will hold its monthly meeting beginning at 7 p.m. at the Romeo Community Youth and Civic Center. New members are welcome, 286-6469.
- June 3 — Monthly meeting of

the family-oriented Four Seasons Fishing Club will be held at the Maplewood Center in Garden City. New members are welcomed, 477-3816.

• June 6-7 — Free Fishing Weekend, in which residents and visitors to the state may fish Michigan inland and Great Lakes waters without a fishing license or trout/salmon stamp.

• June 16 — Western Wayne County Conservation Association will hold a 3D archery shoot on its walk-through range in Plymouth Twp, 454-9843.

learn some of the tales and myths surrounding common plants, begins at 2 p.m. Sunday at Kensington.

- Free Entry Day, in which park users will not need a motor vehicle permit to enter any of the Huron-Clinton Metroparks, will be held Friday, June 19, at all parks.
- Most Metropark programs are free, while some require a nominal charge. Advance registration is required. A motor vehicle permit is required, 1-800-47-PARKS.

OAKLAND COUNTY PARKS

- Magic Michigan, a nature program in which families can discover the magic of Michigan through crafts and games, occurs at 1 p.m. Saturdays, May 30, at Independence Oaks.
- Little Green Thumb, a program in which experienced gardeners can learn about gardening, begins at 1:30 p.m. Saturdays, June 6, at Independence Oaks.
- Canoe with the Chorus, an indoor program on spring wildlife sounds followed by a musical performance tour of Crooked Lake, begins at 7 p.m. Saturdays, June 13, at Independence Oaks.
- Fishing Contests will be held through September at Crooked Lake in Hillsdale, (313) 423-0771, and on Huron Lake at Addison Oaks, 693-2432.
- Advance registration is required for all Oakland County Park programs and early registration is recommended. A motor vehicle permit is also required, 625-6173.

METROPARKS

- Children's Goodnight Walk, a program in which children ages 3-6 accompanied by an adult can experience the magic of the nighttime woods during a short hike followed by a bedtime story and an indoor snack, begins at 6 p.m. Friday at Indian Springs.
- Pond Personalities, a look at some of the interesting and simple plants and animals that call a pond their home, begins at 10 a.m. Saturday at Kensington.
- An Adult Night Out, an astronomical search of the spring sky and constellations, begins at 7 p.m. Saturday at Stony Creek.
- Forest Forny, a sensory exploration to discover new ways of looking at familiar things, begins at 1 p.m. Sunday at Indian Springs. Participants should wear old clothing.
- Flower Folklore, a nature class in which participants will

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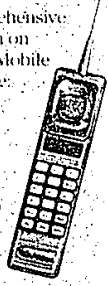
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