

Exercise from page 1A

The city's 212-acre Heritage Park has miles of cross country ski trails and even ski rentals on weekends.

"I've been doing it for a couple of years," said Farmington Hills resident Kevin Kent. "It's fun and you get a good workout."

"It's real peaceful out here," added Brad O'Dwyer of Auburn Hills.

For many, winter exercise means a trip to the club.

"We've had a real high number of people come in during the last two weeks," said Jeanmarie Loureiro, exercise therapist at Total Fitness on Orchard Lake Road.

Total Fitness offers free seminars on combining healthy eating and exercise, because the two go hand-in-hand, Loureiro said.

And for many, aerobics is the exercise of choice. The latest trend in aerobics, step aerobics, combines the benefits without the high intensity, said Diane Howitt, an instructor at Total Fitness.

"It combines low impact with high intensity," she said. "There's more to it. It's challenging."

She loves aerobics
Holly Calderwood of Farmington Hills swears by the exercise.

"I love aerobics," she said. "I feel so much better when I'm doing it. But I work and go to school, so finding the time is not easy."

For that reason, many are turning to exercise equipment for their home. It's convenient, especially for people who have responsibilities at home.

"I work out on my treadmill while my kid plays with Duplos," said Randy Stop, president of American Exercise and Gym Equipment Co. of Farmington Hills. "We get a lot of business after the holidays."

Treadmills and stair climbers are big sellers, he said, because people can stay at home and keep fit throughout the winter.



Fresh from skiing: Keith Kent of Farmington Hills is just off the cross country ski trails at Heritage Park.



Stretching out: Above, Diane Howitt leads an aerobics class at the Total Fitness establishment on Orchard Lake Road. At left, Josephine Calagias, 59, of Farmington Hills, said of her fitness regimen: "What else have I got to do but take care of myself now?"



STAFF PHOTOS BY SHARON LEMIERUX

The Farmington Schools offer a wide range of winter classes, including aerobics, basketball and karate.

Oakland Community College allows residents to use its Farmington Hills facilities for a user fee of \$2 per visit with a \$5 application fee for the year. Seniors and children under 12 pay \$1 per visit.

And the Farmington Hills Senior Center offers dance and exercise classes throughout the winter for anyone 55 and up. Most classes are free.

But you don't have to make a special effort to exercise, Cox said. "People need to incorporate exercise into their daily routine," she said. "If you're going to the store and it's a half-mile away, why not walk? We all enjoyed winter when we were kids. It's not bad if you get out in it."

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Farmington Observer

(USPS 187-840)

Published every Monday and Thursday by Observer & Economist Newspapers, 805 E. Maple, Birmingham, MI 48009-0910. Second-class postage paid at Birmingham, MI 48009-0910. Postmaster: Send address changes to Observer & Economist Newspapers, 805 E. Maple, Birmingham, MI 48009-0910. Telephone 544-1100.

Subscription Rates:
One year (Oakland County) \$36.00
(elsewhere in Michigan) \$42.00
Newstand per copy 50¢
One year \$35.00
One year - (elsewhere in U.S.A.) \$60.00

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