

COVER STORY

Staying in and PUMPING UP

Physical fitness has become an increasingly popular pursuit. Health clubs are enjoying success. But many people are opting to exercise at home. From simple weight sets to elaborate spa rooms, area residents are getting fit at home



STAFF PHOTO BY STEVE CANTRELL

All the comforts: Attorney Richard Bockoff can enjoy his built-in television while working on building up his body at his home gym. He also likes to play his stereo loud.

STORY BY HUGH GALLAGHER
STAFF WRITER

Birmingham's Steve Canton, 39, a telecommunications consultant, decided last summer that it was time to get in shape before "the big Four Oh."

"I've always wanted to get in shape. I've tried on my own, and it was always stop and start. I'd join health clubs, and I tended not to use it, even if it was across the street. I didn't have goals," Canton said. Health clubs weren't the answer for Birmingham attorney Richard Bockoff and his wife, either.

"Spas get busy. We were at Franklin, but there were parking problems. You had to go through Check Point Charlie, stand in line, get a key," Bockoff said. "It was just too stressful at the end of the day."

The answer for Canton and Bockoff and a growing number of health-conscious adults is a home gym.

"I enjoy the home gym," Bockoff said. "I enjoy playing my music as loud as I want."

Set ups

Home gyms can be as simple as Canton's set of benches and free weights or as elaborate as a universal weight



STAFF PHOTO BY STEVE CANTRELL

Personal trainer: Steve Canton has been working with personal trainer Marcy Adams Szniewajs. He's lost fat and gained muscle

machine, aerobic machines, saunas and entertainment centers to fight boredom.

"More and more people are devoting rooms to fitness. What used to be dad's den is now a family fitness center," said David MacInnes, president of BioFit Fitness Equipment with stores in Birmingham and Rochester Hills.

Rita and Ron Borgman of Plymouth Township had their basement remodeled into a recreation room and devoted a section to their exercise equipment, weights, stationary bicycle, treadmill and mirrors.

For the Borgmans, a home gym made it easier for them to stick to it.

"It's better to work out at home than at a gym. Me, I use them both, but it's much more convenient for my husband. You don't have any excuses, and the convenience is great," Rita Borgman said.

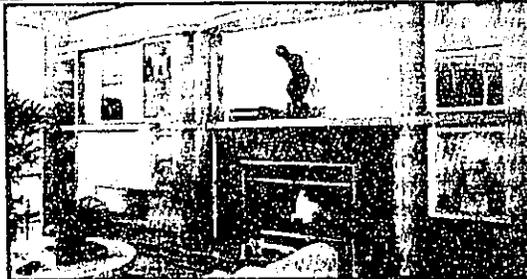
This past summer Steve Canton decided to become serious about his fitness by working with a personal trainer.

"I didn't have equipment and didn't want to get any until I got a personal trainer. The thing with equipment is that it could sit in the basement and

Custom Designed & Hand-Built Furniture... Direct from Factory!

Specializing In Fine Wood & Laminate

- BEDROOM SETS • HOME THEATRE UNITS • TABLES
- WALL SYSTEMS • COMPUTER WORK STATIONS



Call Now for FREE In-Home Design Appointment and with this ad!

Take Advantage of our many Finance Plans, Including: 12 Month INTEREST - FREE FINANCING

FURNITURE FINANCING (510) 229-2311