

**HEALTH AND FITNESS**

# Fitness options ready to be exercised

**Physical intensity activity chart**  
 Medical data indicate that individuals who burn at least 3,000, and preferably 2,000 calories per week, in the form of moderate physical activity or more vigorous exercise reduce heart disease and cancer risks and live healthier and longer lives.

The following chart indicates the calories burned per minute by an average 150-pound person engaged in physical activity. Mix and match your activities to get your 30 minutes of exercise a day.

**HIGH-INTENSITY PHYSICAL ACTIVITY**  
 (more than 7 calories per minute)

- ACTIVITY - CALORIES/MINUTES**
- Basketball (competitive) - 9/15+
  - Court sports
    - Squash, handball, racquetball, paddle ball - 9/15+
    - Cycling (10 mph) - 9
    - Jogging/running
      - 12 min. per mile - 10.5
      - 10 min. per mile - 12.5
      - 8 min. per mile - 16
      - 7 min. per mile - 17.5
    - Rope jumping - 9/15
    - Snowshoeing - 9/15+

**MODERATE-INTENSITY PHYSICAL ACTIVITY**  
 (4 to 7 calories per minute)

- ACTIVITY - CALORIES/MINUTES**
- Basketball (non-competitive) - 4/11
  - Conditioning exercises
    - Callisthenics - 5/10
    - Rowing machine - 5/12+
    - Stationary bike - 4/12+
    - Stair climbing - 6/12+
    - Weight training - 5/11
    - Cycling (leisurely) - 3/6

**Dancing**

- Social, country, tap - 4/10
- Aerobic - 6/11+
- Golf - 5/9
- Hiking - 4/11
- Swimming (leisure) - 5/10+

**Walking**

- 20 min. per mile - 4.5
- 15 min. per mile - 6.0

**LOW-INTENSITY PHYSICAL ACTIVITY**  
 (less than 4 calories per minute)

- ACTIVITY - CALORIES/MINUTES**
- Bowling - 2/5
  - Eating - 2
  - Gardening (light) - 2/5
  - House cleaning - 2/6
  - Home projects/repair - 2/7
  - Walking
    - 30 min. per mile - 3/5

Source: State Joseph Murray Health System. Adapted from ACSA Guidelines for Exercise Testing and Prescription, 5th ed. and Y's Way to Fitness, 3rd ed.



Step by step: Sandy Soukup of Redford uses light weights during the step aerobics class taught by Gail Morad.



Loading the pack: Instructor Gail Morad of South Lyon leads the class in some kick-boxing; isolating muscles and using martial arts techniques.

## Botsford Center provides programs to fit aerobic level

By RENEE SKOGLUND  
 STAFF WRITER

When it comes to fitness classes, kick-boxing is kicking its way to the top of the popularity charts. "This class filled the very first day and we have a waiting list," said Denise Felix, senior program director at the Livonia Family YMCA. The next seven-week session begins Monday, Feb. 22.

Ditto for a kick-boxing class offered through Plymouth-Canton Community Education. The first body-packed class of a 10-week session begins Monday, Jan. 25, with an equal number of men and women.

"I'm waiting for an OK for a second class to start April 19," said Gayle Harehaman, youth and adult enrichment coordinator. Cost is \$85.

We're not all born to kick-box,

but we are all born to exercise. Now is the time to start — or renew — a regular exercise program.

"There's really no excuse to take a few months off due to the weather or your schedule. Exercise can be made part of your daily routine," said Monica Pagels, exercise physiologist and coordinator of community exercise programs for Botsford Center for Health Improvement-TRACC in Novi.

The center schedules general fitness classes as well as classes for specific health needs in its two gyms. "Dance in Motion" is just one of several disease-preventive classes taught by an exercise physiologist and at times a registered dietitian. It's geared for people seeking to prevent osteoporosis or alleviate its effects.

Popular picks

"Step Aerobics" continues to be a popular general exercise class at TRACC, as is "Circuit Training," a high-energy weight-training program that involves exercise, cardiovascular machines, and Nautilus weight equipment. "You switch from station to station every minute. The instructor yells 'Switch!' and the person moves," said Pagels.

TRACC is joining the kick-box-

ing craze and debuting "Cardio Kick-Boxing" Feb. 1. Pagels is hoping the new eight-week class will attract people who want to jump-start their day. The class runs 7-8 a.m.

The winter physical fitness classes offered by Schoolcraft College Continuing Education Services in Livonia begins the first week of February. As usual, the water aerobic and yoga classes

are filled. Marvin Gans, assistant dean of CES-Physical Fitness, vouches for the benefits of the college's 84-degree pool. It got him back in shape after bilateral hip replacements.

"It was fantastic. That's why I'm back playing paddle ball." Gans would like the ranks of exercising senior citizens to increase. "It has to be a way of

Please see FITNESS B6

## MEA: Quality—the only choice

We all know—and would be derelict to ignore—that some public schools today don't work. So, some critics argue, why not give them the ultimatum that every struggling business in America faces? Shape up or the competition will shut you down. Why not? Because it is reckless, and it is morally wrong.

Choosing a system of school reform that is based on failure, when we know without question how to fix even the worst conditions in our public schools, is a form of child abuse. It's like prescribing a drug that may save a few children from a terrible disease, but will kill thousands of others along the way.

We would never do that—especially if we had alternatives that would save all children. In public education, we have such alternatives. Research clearly proves that student achievement will increase across all social and economic lines if we make schools safe and orderly, reduce class sizes, put an effective certified teacher in every classroom and involve parents. Nothing controversial. Nothing radical. Indeed, the only thing outrageous about these proven solutions is that they have not been embraced—or funded—by decisionmakers across the country.

**Courage to change**  
 Our students cannot wait any longer. We need to muster the courage to break down partisan walls and put Michigan's children first. That means we must all put aside our separate agendas and unite around a quality public schools agenda that will guarantee nothing less than:

- Every school will be a quality school.
- Every teacher will be a quality teacher.
- Every student will receive a quality education.

Imagine the powerful example Michigan could set for the nation if lawmakers on both sides of the aisle, education leaders, public school employees, community leaders and parents ended the destructive blame game, the unproductive partisan posturing and the "what's in it for me" approach to education reform.

We do not need to destroy public schools, or children or one another in order to repair public education. So, what if we all resolved in this New Year just to do what is right for the children of Michigan?

**Who will lead?**  
 I'll go first. On behalf of the 1.5 million public school children in Michigan, I am asking the staff and leaders of the Michigan Education Association (MEA) to take bold new risks at the bargaining table, with the Legislature and among our members to advocate for children and quality public education.

That means:

- Bargaining will be viewed as an opportunity to boost performance standards for students and staff.
- Lobbying will focus on introducing and supporting legislation to reduce class sizes, improve academic standards, and ensure that only effective certified teachers get—and keep—jobs in our public schools.
- MEA-sponsored training will be tailored to help our members increase order, discipline and civility in our schools and to improve student achievement through technology, assessment, and professional development and mentoring.

**The quality test**  
 Public school reform ranks as the number one concern of public school employees, parents, politicians and the general public. Therefore, every program, policy or initiative that comes out of the Legislature, the education associations or the community should be judged on whether it helps or hinders efforts to make schools safe and orderly, to reduce class size, to put effective certified teachers in every classroom and to involve parents.



Paul A. Traloff  
 President, Michigan Education Association

**mea**  
 The voice of public education

## WINTER SPECIALS

### PEDIATRIC CARE CORNER

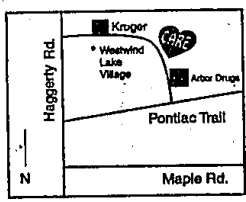
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Pediatric Care Corner is a general pediatric practice with the emphasis on personal care for children and adolescents.

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