

Cabin Fever from page C5

will be when he catches you in the act. You can take that exercise anywhere there's a chair.

People on long airplane flights want to consider getting up and moving now and then to avoid blood clotting. They can also do some minimal exercising. And consider this: Drinking a lot of coffee will force you to get up and go to the bathroom and it's one way to fight the problem of staying absolutely idle for hours. Another way is to flex and relax your leg and arm muscles.

Or, try ankle and elbow pumps, which involves raising the ankles or elbows up and pushing them down.

Tomasic stressed the importance of knowing how different exercises are done for different results. For instance, if you want to tone your muscles with weights, rather than using a heavy item, find something

lighter and do 10 sets of 10 with rest periods.

If you're after muscle bulk use heavier items with less repetition.

"I think the key is to keep moving," Tomasic said.

That's especially true for people with arthritis, because the mobility helps to lubricate the joints. The exercise also helps to deliver oxygen and nutrients to the tissues.

Portable exercise

In the office, have good posture and make sure your working surface is at the right level to prevent strain, Tomasic said.

"Get up and move around as much as possible to get the circulation stimulated," she added.

If there are people around, you can exercise your stomach and buttocks muscles and no one would know the difference.

Squeeze and hold for three to five seconds, but don't stop breathing.

If you don't do any other form of exercise, maybe that will help you keep some tone," Tomasic said.

If you're in a car, stopped at a red light, and you don't want to waste the time, you can work on improving your grip by squeezing and releasing an exercise ball.

If you don't have the strength to do a regular sit up, try pushing up against the wall to make the act a little easier. "We don't recommend that people do full sit-ups," Licata said. "We recommend the crunch or the half sit up. We've found that half sit ups do a better job of working the abdominal muscles and decreasing stress on the lower back."

Or, if you can get out, try doing laps at the mall. If that gets boring, rent an exercise video. But, if

you're stuck at home, find the biggest room in the house, like the basement and keep walking around the perimeter. Or, march in place.

Whenever you workout make sure that the intensity is right for you. To keep the workout moderate, it shouldn't feel difficult.

"Exercise is individually specific," Licata said. "It's hard to recommend a certain amount for the person who doesn't do anything and another person who is 30 years younger and does a lot of activity."

If the exercise is done regularly, results should be seen in about two weeks. Significant change is usually noticeable after six to eight weeks.

"One thing people can't discount is how much better they feel," Licata said. "Maybe it's

just a matter of doing something simple for themselves. I think we

all feel better if we get a little bit of exercise."



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Careful from page C5

Bureau.

"How many people do you know who have equipment in their houses and they have clothes hanging on them?" Licata said.

If he had to rate the various pieces of exercise equipment, Licata would give the thumbs down to all the machines advertised on television.

"It makes people believe that's the thing to put them over the top and that's not where it starts," he said. "It starts inside your head. I've seen a lot of sick people who got that way by everything related to fast food and lack of exercise."

Eating right is also important to healthy bodies, he said, adding that stress often acts as a trigger for a lot of people who overeat. "Contrarily, when I'm exercising I actually eat better, because I figure if I have to work this hard, I don't want to ruin it."

Try to analyze why you eat and when you eat, Licata advises. Take the time for yourself to eat right and exercise, even if you think your life is too busy.

"People who are in our rehab program had a life changing experience," he said. "They found that there was something wrong with their hearts. As you get more educated you realize that heart disease doesn't happen overnight."

He likens life to walking toward a finish line. Everyone is on that same journey, but at different speeds. "Some people are on their last laps and they don't even realize it."

When you exercise keep in mind that you don't want to cause strain or damage, said Judy Tomasic, director of ambulatory rehabilitation at Oakwood Health Care. She advises against using ankle weights, for instance.

"The momentum of walking puts a lot of stress on the knees," she said. "If you want to walk with extra weights you hold the weights in your hands."

She recommends holding anything from a small can of soup to a bottle of cleanser. Also, never hold your breath when you stretch and always avoid stretching one muscle at the expense of hurting another muscle.

Tomasic gives patients exercises that often involve using stretchy bands that are easily packed and can go with them anywhere, even on vacations.

"If you want to stretch, it should not be done when you first get out of bed, because the muscles aren't warmed up," she said. "It's better to stretch at the end of the day, because you've already got the blood flowing and the muscles moving. You can go on a trip and

do the stretching. You can use a towel, a table a counter corner. It's for anyone to do on their own."

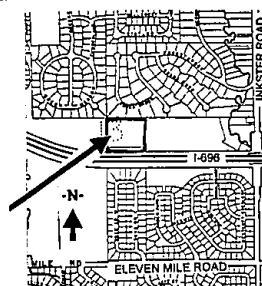
She recommends reading *Auto Stretching*, which was written by her mentor, Olaf Evjen, with Jern Hamberg. CALL (800) 387-7393 to order the book.

CITY OF FARMINGTON HILLS 31555 ELEVEN MILE ROAD FARMINGTON HILLS, MI 48336 PLANNING COMMISSION PUBLIC HEARING NOTICE

DATE: February 21, 2002
TIME: 7:30 P.M.
PLACE: Farmington Hills City Hall
31555 Eleven Mile Road
Farmington Hills, MI 48336

ITEM: PUD Option Qualification 1, 2002

The Farmington Hills Planning Commission will give formal consideration to an application for Planned Unit Development (PUD) Option Qualification (PUD Option Qualification 1, 2002). The proposal would permit a parking lot in a RA-1B, One-Family Residential District. The property is located on the north side of I-696, west of Inkster Road, and is more particularly described as:



DESCRIPTION

Vacant land west of the DaimlerChrysler Services facility. Part of the Southeast 1/4 of Section 13, Township 1N, Range 9E, City of Farmington Hills, Oakland County, Michigan.

The applicant in this matter is Mike Chojnowski, DaimlerChrysler, who seeks this approval to establish a Planned Unit Development that would facilitate the development of the property.

Any person who is interested is invited to participate in the discussion of the Planned Unit Development Option request. The Application and Zoning Text and Map may be reviewed at the Planning Office of the City of Farmington Hills on any business day between 8:30 a.m. and 4:30 p.m.

DALE A. COUNTEGAN, Director
Planning & Community Development
City of Farmington Hills

Item: PUD Option Qualification 1, 2002

Phone: 248-473-8543

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Published: February 10, 2002

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