

FITNESS

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camaraderie, the perfect accompanying music and instructors who push them."

Pourcelt recommends that a good exercise program consists of a minimum of three days a week with 20 to 30 minutes for aerobic exercise and another 15 to 20 minutes devoted to resistance training. She, too, believes that you can stay fit with less than an hour devoted to each workout.

There are a variety of choices for both of these types of exercises, including spinning and aqua aerobics (aerobics) and Pilates, a system of conditioning exercises and fit ball (resistance). "There are so many choices that everyone should be able to find something that they enjoy," said the certified trainer. "You don't have to kill yourself to get fit. You just have to move your body on a

consistent basis and burn at least 1,000 calories a week by exercising. When you do this, you'll have more energy and better health."

WOMEN ONLY

Providing a way of acquiring more energy through exercise is one reason why Dorene Weisberg of West Bloomfield opened a fitness center in Southfield in January. Another reason she opened It Figures! was to provide a place for "women only" to exercise.

"Our facility is in a good location to serve not only local residents but women from Detroit, who have very few exercise facilities available to them, and women of the Orthodox Jewish community," Weisberg said. "This latter group is very modest and would never join a club that allows men." Many of her other members are also not comfortable in a co-ed club and enjoy the freedom of working out solely with other women.

she said.

The club's membership, which ranges from 13 to 24, includes a large group of teenage girls who attend Jewish schools. "Their schools don't have gyms. We are providing them with a place for a quick workout that is helping them to get and stay fit."

The fitness program at this club is based on completion of a circuit of hydraulic-operated machines. Members exercise at each station for approximately 45 seconds and then, prompted by an audio command, move to another station.

The program takes only 30 minutes, which should eliminate the excuse that there's no time to exercise," Weisberg said.

For more information on the It Figures! program, call 248-665-6666. There are just a few of the exercise opportunities available to you. There are a multitude of other exercise options in the area. To find an exercise program that fits your needs,

schedule and pocketbook, contact community education programs, private fitness facilities and clubs, and hospitals in your area.

There is another good option for exercise, which doesn't require much more than a good pair of shoes and a good weather day. Walking is one of the best and less-costly exercises, and walking outside and enjoying nature is also an uplifting experience. Walking is also a great way to lose a little weight for the upcoming shorts and bathing suit season. Many malls open early each day for people who prefer to walk indoors.

UPDATE: As part of my quest for fitness, I gave up my one-pack-a-day cigarette smoking habit. My 23-year-old son, Andy Prysby, also chose to kick the habit. We were hypnotized on Feb. 13 by Jim Hoke of Mind Design Inc. in Troy. We have been smoke-free ever since and are enjoying feeling and breathing better...and we've saved lots of money.

COMMIT TO GET FIT

- Make exercise a priority. Think of physical activity as an essential body upkeep like brushing your teeth, showering, or fixing your hair.
- Find the time. Look at your daily schedule. With some rearranging, you should be able to discover at least 30 minutes each day for exercise. If need be, cut down on nonessential telephone calls or just one half-hour television show.
- Select a specific time. Whether it's in the morning or later in the day, choose the same time each day to exercise. This way exercise becomes a regular daily habit. (Experts say individuals who work out in the mornings are more apt to stick with their programs than those who leave it to later. Unplanned obstacles often eliminate "later.")
- Don't procrastinate. Get rid of excuses. There's no reason not to do something good for yourself by making exercise one of your daily priorities. Set exercise goals - small ones at first - and then work to achieve them.

Find your favorite recipes each Sunday in Taste

Exercise the right prescription for heart disease patients

Exercise is good for heart patients — even while they await heart transplantation — according to a new statement from the American Heart Association published in *Circulation: Journal of the American Heart Association*.

Heart failure is a bit of a misnomer. The heart does not completely fail, but rather its ability to pump blood to other organs is compromised. As a result, patients experience fatigue and can't exercise without discomfort.

"It seems counterintuitive, but walking, biking, swimming, dancing — all kinds of aerobic exercises — can help improve the patient's sense of well-being," said Ileana Pina, M.D., chair of the writing group from the American Heart Association Committee on Exercise, Rehabilitation, and Prevention that drafted the position statement.

Heart failure is soaring along with America's aging population. In the year 2000, almost five million people were living with heart failure.

The writing group undertook a comprehensive review of medical literature on exercise in the heart failure patient. They conclude that it is safe, beneficial and improves patients' quality of life. The position paper will guide health professionals to better understand the exercise limitations of heart failure patients and direct them to engage in physical activity.

According to Pina, exercise can help heart failure patients in several ways:

- It improves the tone and lining of the blood vessels.
- That's important because the lining often does not behave properly in heart failure patients," she says.

- It drops levels of neurohormones such as adrenaline that are inappropriately elevated in people with heart failure and can contribute to symptoms.
- Often, a higher level of such neurohormones means a worse prognosis, Pina says.

"Patients who exercise report they can do more before getting symptoms and that they can better perform activities of daily living such as making the bed or getting a newspaper," says Pina, a professor of medicine at Case Western Reserve University and director of the heart failure and transplant program at the University Hospitals of Cleveland.

Because previous studies do not agree on a universal exercise prescription for heart failure patients, an individualized approach is recommended. "The patient should start slowly and build up gradually," says Pina. "We generally recommend 20 to 30 minutes of aerobic exercise three to five times a week."

The most debilitated patients may need a longer warm-up period. Usually a period of 10 to 15 minutes is recommended. A cardiac rehabilitation program

can help establish a safe exercise routine she says.

The most important thing, Pina says, "is never to sit back and do nothing. That's what patients were told back in the 50s, 60s and 70s, and even now, some doctors tell their patients they should rest. But there is no showing that resting helps a person's condition."

The American Heart Association statement, besides being a first step in getting heart failure patients back on track, also notes areas for future research, such as finding out how exercise impacts survival and if there is any subgroup of heart failure patients for whom exercise is dangerous. Pina says a landmark trial to investigate these concerns will begin enrolling patients in March. In the study, 3,000 patients with Stage II to Stage IV heart failure will be randomly assigned either to enter a formal exercise program at a cardiac center or to receive education, including the advice on the need to stay active, without a formal program. Stage IV is the worst type of heart failure, with patients often unable to cross a room without discomfort.

"This will hopefully give us the answers we are seeking," said Pina. "If exercise is shown to have a beneficial impact on survival and hospitalization rates, it will really be a cost-effective, low-tech approach to helping these patients."

Oakwood offers optimal accuracy in knee replacement

Oakwood Heritage Hospital now offers the leading edge knee replacement technological innovation in metro Detroit. In fact, it's the first one in the state of Michigan. It's the Stryker Knee Navigation System — and Oakwood Heritage Hospital

(OHH) is one of three hospitals in the nation to own one. "We've done a half-dozen procedures so far," said Oakwood orthopedic surgeon Dr. Lawrence Morawa, who is pioneering the procedure at OHH. "This is a very precise and accurate tool that allows us

the optimum placement of the new knee. It will revolutionize existing knee replacement surgery."

For a patient brochure on the procedure or for a consultation, please contact Oakwood Healthcare System at 800-543-WELL.

Do you have a loved one over the age of 65 who you feel may have a memory impairment?

Are you concerned that a family member is exhibiting signs of forgetfulness and want to have it tested but don't know where to turn?

Arden Courts Alzheimer's Assisted Living of Livonia

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Wednesday, March 26, 2003

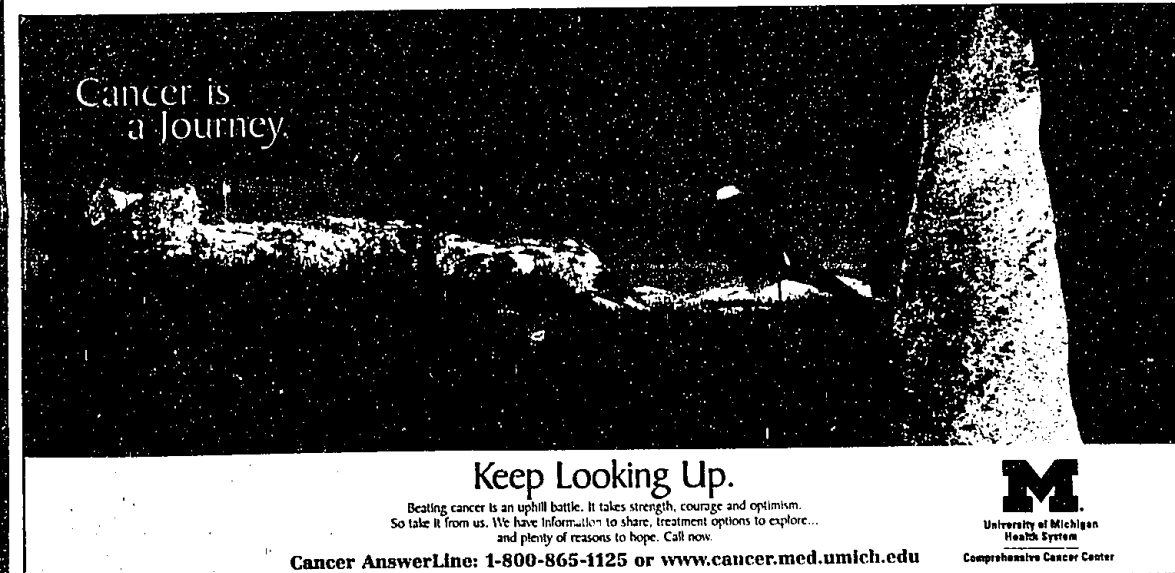
2:00 p.m. — 6:00 p.m.

Valerie Fane is a graduate of Wayne State University, specializing in Gerontology and Geriatrics. She has practiced Mental Health counseling, testing, and evaluation in Michigan for twenty years. Physician Home Services is a community-based physician practice staffed by board certified physicians bringing state-of-the-art diagnostic services to patients' homes.

Valerie Fane will conduct free neurocognitive screenings to determine functional impairment in individuals that are exhibiting signs of memory loss. The results may be used to determine functional level for independent living.

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