

FITNESS PROGRAMS

WATER AEROBICS

Water exercise provides an ideal and safe form of working out for just about everyone. By exercising in the water, you can increase the blood supply to your muscles, increase your energy production, increase your body's use of oxygen, and decrease your blood pressure. By reducing stress on muscles, bones, tendons, and ligaments, some people who can't exercise comfortably on land find that they can in the water. Even people with physical conditions that may limit exercise (such as arthritis, back pain, heart disease, and high blood pressure) can enjoy the benefits of exercising in water. The following are some of the main reasons for anyone to take advantage of water exercise:

- Reduce stress on joints, bones, and muscles.
- Achieve speedy, effective toning through water resistance.
- Increase your exercise work load and burn more calories in less time.
- Stay cool, even when you are exercising hard.
- Experience the ideal combination of fun, effective training, and comfort.

Water aerobics is a great workout for all fitness enthusiasts. The water provides extra resistance making every move more challenging.

This workout is done in shallow water and participants do not need to know how to swim to participate in the class. Give this class a try, you'll like it.



Campus Recreation Fitness Programs is introducing Reebok Slides to the spring aerobics schedule. Slide is a great physical workout, and is said to burn as many calories as running an eight-minute mile or cycling at a brisk cadence.

The slide aerobics class offers lateral training, much like speed skating, for a cardiovascular workout. The best part about this type of aerobic workout is its decreased impact on joints and muscles.

Because sliding is so tough, it is not something you can do for hours at a time. Beginners should start by interspersing short bursts of 30 seconds with other aerobic activity and work up to 20-30 minute sessions.

Refer to the aerobic class schedule on page 2 for all scheduled Slide classes. The best class for participants to start out with is the Beginner Slide class, and then work up to the Step and Slide classes. Slides are limited so this class will be offered on a first come, first served basis.

FITNESS

WALKING & RUNNING

Fitness walking and fitness running classes have been added to the Fitness Programs aerobic schedule to provide instructor-led workouts for those participants that enjoy these activities, but do not train on a regular basis because they don't like to walk or run alone. These classes will provide a group atmosphere as well as motivation to improve fitness.

WALKING: Walking is the ideal activity. It can be done any time, any place and in any kind of weather. All you need is a good pair of walking shoes. It's one of the most effective exercises for weight loss, because it can be performed regularly, for long periods of time, even by those who are deconditioned, overweight or coping with special health concerns. In addition to many health benefits like lowered blood pressure, reduced risk of heart disease, and lowered blood cholesterol levels, walking has the lowest drop-out rate of any other fitness activity, because it's easy, safe and enjoyable.

RUNNING: Some major reasons for participation in running include feeling better physically and psychologically followed by weight control and relaxation. Those who run tend to eat more nutritious foods, sleep better and smoke and drink less. Running can be done at any time, in almost any weather and with little investment in equipment. It takes a few weeks to see results from a training program, however, if you keep at it, you will reap the rewards of increased mileage as well as weight loss.

The walking and running classes will meet at 3:30 pm January through March so as not to extend into the dark hours. As it gets later into the semester, the time will change to accommodate those that cannot make it to the classes until after work. If you have questions about this or any other program, call 777-1827.

"The miracle isn't that I finished...The miracle is that I had the courage to start."

CARDIO POWER

With the colder winter months ahead, many people will be trying to find alternatives to running, walking and exercising outside. The Blatt PE Center is the perfect place to get a great cardiovascular workout, without wearing layers and layers of clothes.

The following equipment is available to all students, staff and faculty on a daily basis during the hours of operation.

- Stairmasters
- Recumbent Bikes
- Upright Bikes
- Versa Climbers
- Rowing Machines

Don't get behind in your exercise routine just because its too cold to go outside. Come into the Blatt and stay in shape.

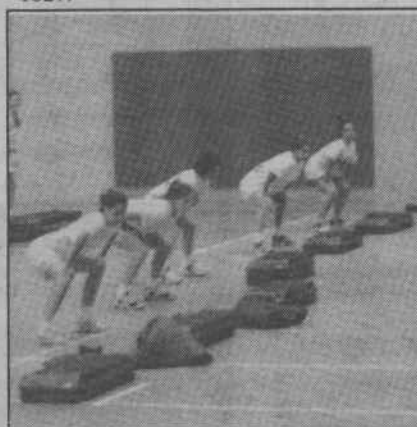
STRENGTH TRAINING

The weight room in the PE Center has undergone many positive changes since the beginning of fall semester. It has been re-organized and some new equipment has been purchased to help make it more user-friendly to students, faculty and staff.

A new program has been implemented to assist those that would like to use the weight room, but are not sure where to get started. That program is called *Strength Training*. It is a free program and helps novice to experienced lifters get the most out of their workouts.

Participants interested in this program can sign up in the Office of Campus Recreation and set up a time for training. Individual as well as group training will be provided.

If you are interested in this program or you would like additional information, call 777-1827.



COMING UP...

Toys for Tots

Special Holiday Aerobics Class

Step it out with the Stepping Santas

December 5, 1996

5:30 pm - 7:00 pm

Blatt PE Center Gym 308

Bring a toy for admission

Call 777-1827 for information

and coming this spring...

FiTOUR'97

Thursday, March 6, 1997

6:00 - 9:00 pm

Aerobics Studio

Led by Eric Swartz

AFAA, ACE and AAAP credits will be given, but you do not have to be an aerobics instructor to attend.

Eric will lead participants through a three hour workshop that will include step and hi/lo aerobics as well as give a great presentation on motivation. Don't miss it!