

# "Less is more" causes changes in lifestyle

This is the age of moderation. "Less is more" — and that belief is behind many changes in today's lifestyles.

The fitness craze, for example, has calmed down dramatically. The mania that led to countless

sports injuries among weekend athletes, sparked health clubs on every corner and a mega-industry of costly workout wear and equipment has finally peaked.

In its place is a new concern for common-sense fitness. The latest

word in exercise is, believe it or not, walking. It's safe, it's simple and it's free.

Well, almost free. High-tech walking shoes have just shuffled onto the market, with price tags as high as their arch supports.

Low-impact aerobics are another sign of the times. These workout classes concentrate on safety, emphasizing exercise techniques that put less stress on

the joints.

The no-bounce brand of fitness arrived in response to the mounting evidence that scores of women were being sidelined by injuries suffered during overzealous gym sessions. Even Jane Fonda has joined the bandwagon, adding the easy-does-it option to her fast-growing collection of workout videos.

Sun-worshippers are also

heeding the call to moderation. The deep dark tans that were once a status symbol are fading out of sight.

Conscious of the health risks posed by sun exposure, the sun-lover is stocking up on heavy-duty sunscreens and cutting short the tanning sessions. The newest status symbol may well turn out to be the ivory complexion of a Southern belle.

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